April 2025
DHS15

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goodFOOD

EST 1989 MIDDLE EAST

Celebrate Easter

Air fryer garlic & oregano lamb leg with crispy new potatoes • Spring veg fricassée with cheesy polenta • Malted chocolate cake with mascarpone icing

Green Buzzwords Explained

Springtime Treats

Air fryer hot cross bun brownies • Carrot cake pancakes • Crispy meatball pizza

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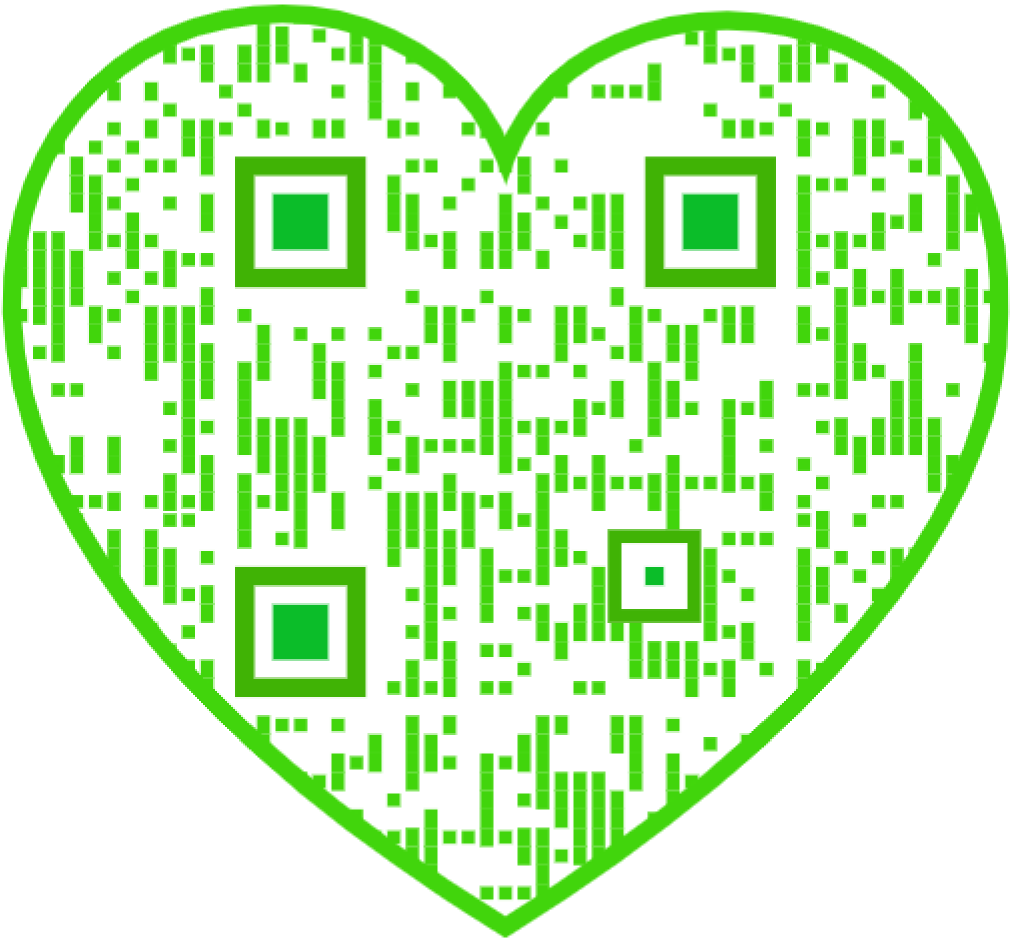

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Welcome!

Spring is here, bringing fresh flavours and inspiration to our kitchens. This month, we're making the most of simple ingredients, with easy meals that transform into something new the next day—turn to page 28 for a traybake kebab and clever leftover lunches. Keen on meal planning? Turn a base of meatballs into three stunning dishes (p36).

The April issue has everything you need for your Easter feast at home, from a showstopping Feta and walnut-crusted Easter lamb to our cover star, Malted chocolate cake with mascarpone icing - a decadent, velvety treat that's perfect for sharing (p42). If you're after lighter alternatives, don't miss our Air fryer garlic & oregano lamb leg with crispy new potatoes and hot cross bun brownies (p24).

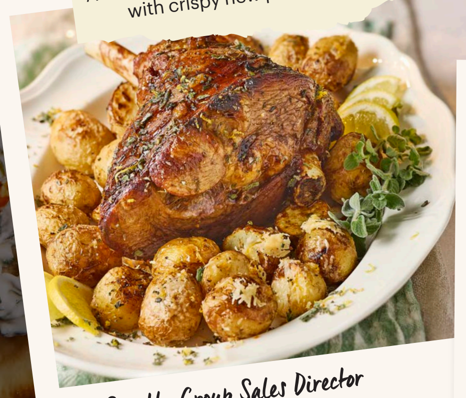
Explore ways to eat well with practical tips for managing diabetes and a balanced recipe to keep mealtime satisfying (p90). Don't miss our flavour-packed recipes featuring sweet potatoes, a nutrient-rich staple that adds both depth and nourishment (p94). It's time to embrace the season's best ingredients!

Happy reading!

Nicola Monteath
Editor

Signature Selections from the team

Air fryer garlic & oregano lamb leg with crispy new potatoes



Liz Smyth, Group Sales Director

Spring green soba salad with Korean-style marinated eggs

Gill Fairclough, Sales Director

Cherry & blonde chocolate hot cross buns

Blanche D'mello, Assistant Editor

Chicken jalfrezi with spinach, brown rice & quinoa

Lara Gambardella, Sales Director

goodFOOD
EST 1989 MIDDLE EAST

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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
⊘ Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

Your Say

We love hearing from you!

star letter

The March 2025 issue was a delightful celebration of cultural festivities, packed with mouth-watering recipes that felt both familiar and refreshingly new. I thought one of the standout features was the fresh take on Sunday lunches. Rather than sticking to the usual roast, you introduced inventive dishes like Spring green stew with cheddar dumplings, Mushroom jalfrezi pie, and Nduja lasagne. These creative twists on comfort food made the idea of a chill Sunday meal even more appealing. I tried the chicken stew from this issue, and it was absolutely delicious, rich, comforting, and full of fresh flavours. It's definitely going into my regular rotation. The issue also highlighted the beauty of cooking with seasonal ingredients. Recipes featuring rhubarb, beetroot, and watercress encouraged me to embrace what's fresh, not only enhancing flavour but also promoting sustainability. It was a great reminder that the best dishes often come from working with nature. Overall, this issue struck a perfect balance between tradition and innovation, inspiring my family to try something new while still embracing the comforts of familiar flavours.

Lucy Skelton

I absolutely loved this month's issue, especially the insightful coverage on immunity by Dr. Chintal Patel. Her explanation of how food choices impact digestion and, in turn, support the immune system was both informative and practical. The emphasis on reducing ultra-processed foods (UPFs) really resonated with me. It's eye-opening to see how a lack of essential nutrients and fibre in these foods can weaken our immunity. I also appreciated the advice on cutting down sugar intake. The connection between high-sugar foods, inflammation, and weakened immune function was a great reminder to make small but meaningful swaps, like choosing herbal teas over sugary drinks. Dr. Patel's guidance was simple, actionable, and something I'll definitely be incorporating into my daily routine. A fantastic read!

Abhishek Joshi

I came across the Royal Brunch at Jamavar and the review posted was so exquisite! I read the review, shared it with my family members and took them over for an Iftar. The review was exactly like it was described in the magazine, with the service being top notch, food being impeccable and delicious. I am looking forward to more reviews, brunches and recipes of course.

Felix Pius

WIN!

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To send in your Star Letter and win this prize, visit the Competitions page on **bbcgoodfoodme.com**

TALK TO US!

Email us on ***feedback@bbcgoodfoodme.com***
with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: ***@goodfoodmiddleeast***

Or, you could write to us at: The Editor, Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

LOCAL ICON

Solemann Haddad, the visionary behind Moonrise in Dubai, is a Michelin-recognized chef who brings together Japanese and Middle Eastern flavours. His intimate 12-seat chef's table, awarded a Michelin star and listed in the Middle East & North Africa's 50 Best Restaurants, offers a dining experience rooted in the city's culture.

Morning routine

I wake up around 12:30pm - chefs' hours, obviously. First thing I do is shower, sort my hair, and get dressed in freshly ironed clothes, always. It takes me about an hour to get fully ready. I like showing up to work feeling good and put together. For me, it's not just about looking sharp - it's about mentally preparing for service. That routine is my reset button.

Currently reading

I only read cookbooks. I don't have the attention span for fiction. *Eleven Madison Park: Volume 1* is still my all-time favourite. It's a beautiful book, but also incredibly precise. That level of detail has always inspired me.

I love creating

Pasta, especially when the sauce is the star. At Moonrise, we do a shiitake Alfredo that's rich, umami-packed, and unapologetically indulgent.

Go-to takeaway

Biryani. Always. If I'm ordering in, it's Behrouz for that solid, reliable fix. But if I've got time to swing by Karama, it's Pak Liyari or Malabar Tiffin House. Those places know what they're doing.

Fridge staples

Of course, I'd say the essentials are butter, olive oil and salt - but in my apartment, you'll always find Maggi liquid MSG in a bottle, za'atar and Parmigiano; we're all about maximum flavour.

UAE hotspot

I've been loving MANĀO - it's got this beautiful balance of bold flavours and refined technique. It's the kind of food that makes you stop and think for a second.

Drink Order

Double shot iced latte with Oatly.

If you could only dine on dishes from one series...

The dishes from *Mise en Place* by Eater on YouTube. Those behind-the-scenes glimpses into kitchens and process - that's my idea of delicious food and great storytelling.

TOP CULINARY DESTINATION

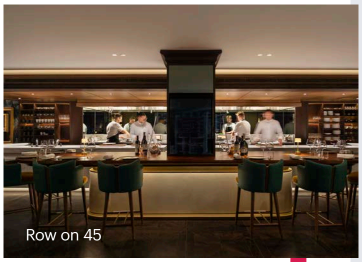
Japan, hands down. You can eat literally anywhere and it'll be amazing. One of my favourite things is going to Toyosu Market at 5am and just diving into whatever's fresh. The ingredients are taken care of with such respect - it's something I'll never get over.

Most played on Spotify

Daft Punk is an all-time fave. Search 'Moonrise Dining Room' for a peek into what I like and what we play during service - think Nicolas Jaar, Quantic, L'Impératrice, Buena Vista Social Club; global influences with a chilled-out, moody yet sophisticated vibe.

Greetings From
MOONRISE

Favourite dining experience


Row on 45

Row on 45, Kitchen Table, and The Ledbury. All three are very different but share the same DNA: punchy flavours, incredible sauces, and top-tier ingredients. Kitchen Table reminds me of Moonrise in a way - there's that bit of rock and roll in the atmosphere. But Row on 45 and The Ledbury? They're just razor-sharp. So tight, so refined.

Image credit: Alp Galip / Shutterstock.com

NEWS *nibbles*

What's hot and happening in the culinary world, across the Middle East

GUILT-FREE INDULGENCE

SHNAX is redefining snacking in the Middle East with bold flavours, real ingredients, and protein-packed treats tailored to the modern consumer. Designed for those who seek both crunch and quality, SHNAX aligns with evolving consumer values, proving that flavour and nutrition can go hand in hand. The original crisps SHNAX, made of 100% real chicken, is now available across the UAE. Other flavours include Cheese and Ketchup, Salt & Vinegar, Barbeque, Flaming Hot, Original, and Buffalo Spice.

SHNAX
BAKED PROTEIN CHIPS
ORIGINAL
FARM FRESH
FLAMIN
SPICE

THIS MONTH WE LOVE...

AVANTCHA Tea's latest artisanal brew: Black Oud & Mastic. This luxurious blend seamlessly marries the deep, incense-like floral notes of oud with the warm, pine-laced notes of mastic, crafting a rich and meditative infusion. Delicately layered with woody vanilla undertones, earthy malt, and the fragrant embrace of pink rose petals, jasmine buds, and cloves, this blend is a sensory retreat perfect for moments of reflection and relaxation. Best savoured alongside honeyed desserts or decadent chocolates, it transforms tea into an indulgent ritual.

Visit avantcha.com

Photographs SUPPLIED

BE WTR
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BE WTR

Sustainability in Action

BE WTR, the Swiss-born sustainable water brand, has partnered with Rosewood Abu Dhabi to launch the UAE's first fully circular water bottling facility, setting a new standard for eco-conscious hospitality in the region. The BiG 1500 is an advanced, fully automated glass bottling system designed for a zero-waste, plastic-free future. It purifies, filters, and bottles local water at a rate of 1,500 bottles per hour, all without human contact, ensuring the highest standards of hygiene and quality. Serving both F&B outlets and in-room dining, as well as banqueting services, this system will eliminate 1.5 million single-use plastic bottles annually, reduce transportation emissions, save over 1,000 tonnes of CO_2 annually, and provide reusable glass bottles that can be refilled over 300 times. This initiative reinforces Rosewood's commitment to sustainability while enhancing the guest experience.

SAVE THE DATE

MENA's first and only bar and beverage trade event is set to shake up Dubai's luxury bar scene from April 5-9 with an exciting lineup of bar takeovers, exclusive guest shifts, and after-parties at the city's top venues. Hosted at Madinat Jumeirah on April 7-8, the inaugural event will bring together world-renowned mixologists, prestigious brands, and cocktail enthusiasts for a celebration of craft and community. Dubai's leading bars, including Nahate, Four Seasons DIFC, Maison Dali, and Mimi Kakushi, will feature industry icons in one-night-only guest shifts. Additionally, Quiote Co Stand and Behind Bars pop-ups will showcase rotating bar takeovers. Alongside 30+ educational sessions and sustainability initiatives in partnership with Evertreen, GBS 2025 is set to redefine the region's beverage culture.

A Taste of Heritage

NABTIH
PEACE
ROOTAGE
HOMELAND

Savour traditional flavours with this Nabtih Mediterranean Harmony Box - a curated set featuring premium Palestinian olive oil, fragrant za'atar and sumac. Perfect for culinary enthusiasts, this kit brings authentic flavours to your kitchen, elevating home-cooked meals with a touch of tradition.

AED125 at bycypher.com

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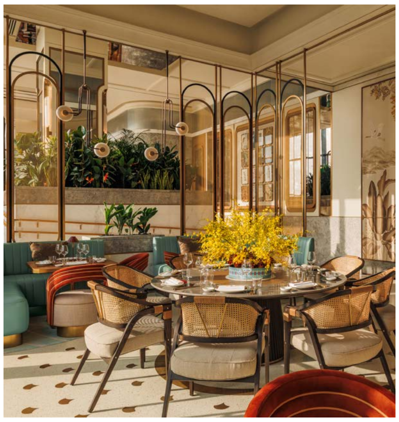
Flavours of the *month*

What's hot and happening around town this month

TAAMA

This homegrown dining destination redefines plant-based cuisine with a mindful and flavour-driven approach. As the signature restaurant of Sohum Wellness Sanctuary, it blends open-flame cooking, Ayurvedic principles, and a deep respect for nature to create an experience that nourishes both body and soul. Founded by holistic wellness expert Tanya Mansotra, the eatery challenges perceptions of plant-based cuisine with bold, inventive dishes. From the smoky depth of slow-roasted Lion's Mane with peppercorn sauce to the spice-infused Artichoke Spread with mutabbal and hibachi-grilled skewer, each dish tells a story.

Visit sohumwellness.ae/restaurant.



MADAME LI

This refined Asian fusion venue draws inspiration from a well-travelled woman whose handwritten recipes blend discovery and tradition. Led by Chef Mehmet Ipar, the venue offers a blend of classic and contemporary dishes from China and Southeast Asia, with a focus on shared dining. Signature dishes include Beef & Shimeji Mushroom Rice, Lobster Cheung Fun, and Wagyu & Foie Gras Dumpling.

Visit jumeirah.com/madameli.

TAAMA

Photographs SUPPLIED

MAISON REVKA DUBAI

Maison Revka brings its signature blend of French and Slavic influences to Delano Dubai on Bluewaters Island. The menu reimagines classic Slavic dishes with refined French techniques, featuring highlights such as salmon coulibiac, caviar egg linguine, and a luxurious surf and turf featuring Wagyu fillet and grilled lobster. The stylish yet laid-back setting enhances the experience, making it a destination for both casual lunches and candlelit dinners.

Visit maisonrevka.com/dubai.

FAIRMONT THE PALM

Celebrate Easter at Flow Kitchen, Fairmont The Palm with an indulgent selection of gourmet dishes, live entertainment, and exciting activities for the whole family. Gather friends and family for a sumptuous brunch packed with fun-filled surprises and a curated menu for the special occasion. There are plenty of dishes to savour, from gourmet bites such as Mini Goat Cheese Lollipops with Walnuts and Pistachio to the Egg Benedict Station, offering everything from classic Egg Royal to Egg Neptune. The Indian Thali station brings a spice-filled touch with dishes such as Lamb Rogan Josh and Paneer Korma, while the World Kitchen serves up comforting classics including Steamed Seabass and Honey-Lime-Glazed Baby Chicken. Little ones can step into a world of pure imagination with face painting, bubble shows, and balloon art, while also meeting the Easter Bunny, who will be handing out whimsical giveaways. Keep an eye out for enchanting Candyland-inspired surprises, and you might just encounter some familiar, fantastical characters along the way!

April 20. Pricing (Available for both indoor and outdoor seating): Soft package for AED350, house beverage package for AED450, and bubbly package for AED550. Visit fairmont.com/palm-dubai/dining/flow-kitchen.

MYAMI

MYAMI has introduced the new Paws & Purrs menu, the first dedicated pet menu on Palm West Beach, offering specially crafted, wholesome dishes for furry friends in a dedicated pet-friendly zone. The menu features thoughtfully prepared options such as Pup-Pop Chicken Delight, Nom Nom Tenderloin, and Bow Wow Egg Feast, alongside desserts including Pup Cakes. Adding to its South Beach-inspired atmosphere, MYAMI also offers an exclusive Beach Pass at Bal Harbour Beach for guests with pets, complementing its newly launched breakfast menu featuring creative, flavourful dishes.

Contact +9714 666 1430.

ARMANI/HASHI

The Japanese fine-dining venue invites guests to celebrate the Sakura Festival with an elegant dining experience honouring Japan's cherished cherry blossom season. Embracing the tradition of Hanami, the eatery presents a six-course menu featuring highlights like Japanese Crispy Tuna with Truffle and Caviar, Hokkaido Scallop with Spicy Shiso Butter, and Saroma Wagyu Striploin. The meal concludes with a refreshing Yuzu Granita and a delicate Sakura Cherry Blossom Cake, capturing the essence of spring.

Until April 15, from 6:30pm-11:30pm.
AED 790 per person. Call +9714 888 3010.

SEED & BLOOM

This community-driven café, located at Al Raha Gardens Plaza, offers a warm and inviting space for both takeaway and those looking to relax. The menu features locally inspired dishes like Blooming Focaccia and Muhammara Risotto, while the venue also hosts activities such as baking classes and ceramics workshops. Emphasising local artisans and sustainable ingredients, this spot fosters connections and celebrates the best of seasonal, locally crafted products.

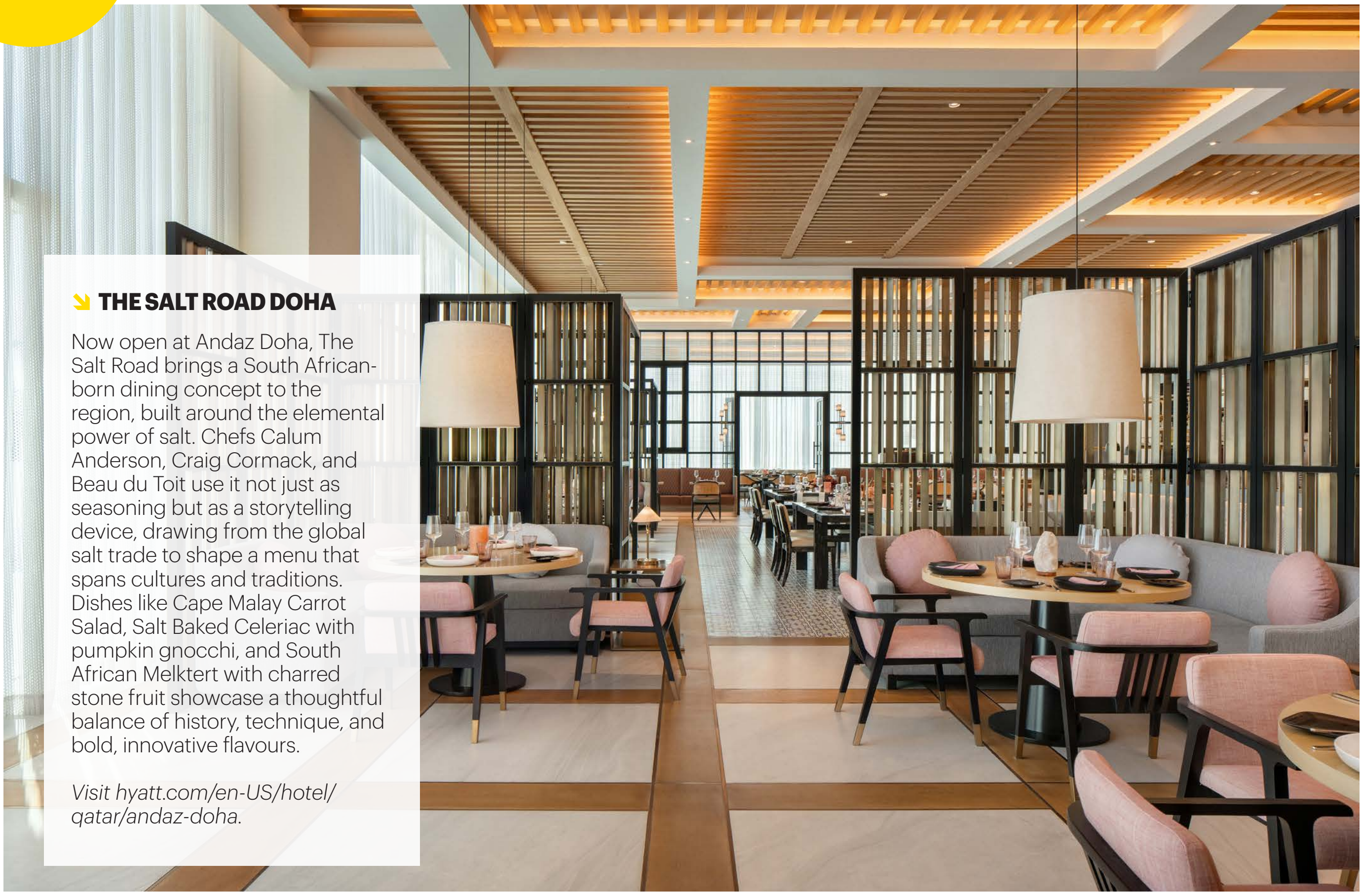
Visit seedandbloomcafe.com.

MAISON DE HAUTE PÂTISSERIE

Nicolas Rouzaud's Maison de Haute Pâtisserie in Doha offers a distinctive afternoon tea experience that moves away from the traditional. Served daily from 2:00 pm to 6:00 pm, it begins with savoury French-inspired dishes made with top-quality ingredients, followed by a pre-dessert, a trio of petite pastries, and a deconstructed Millefeuille. The experience is complemented by a selection of premium teas, providing a refined and modern twist on the classic tea service.

Every day, from 2pm-6pm. QAR 285 for 2 people. Visit fourseasons.com/thepearlqatar/dining/restaurants/nicolas-rouzaud-doha.

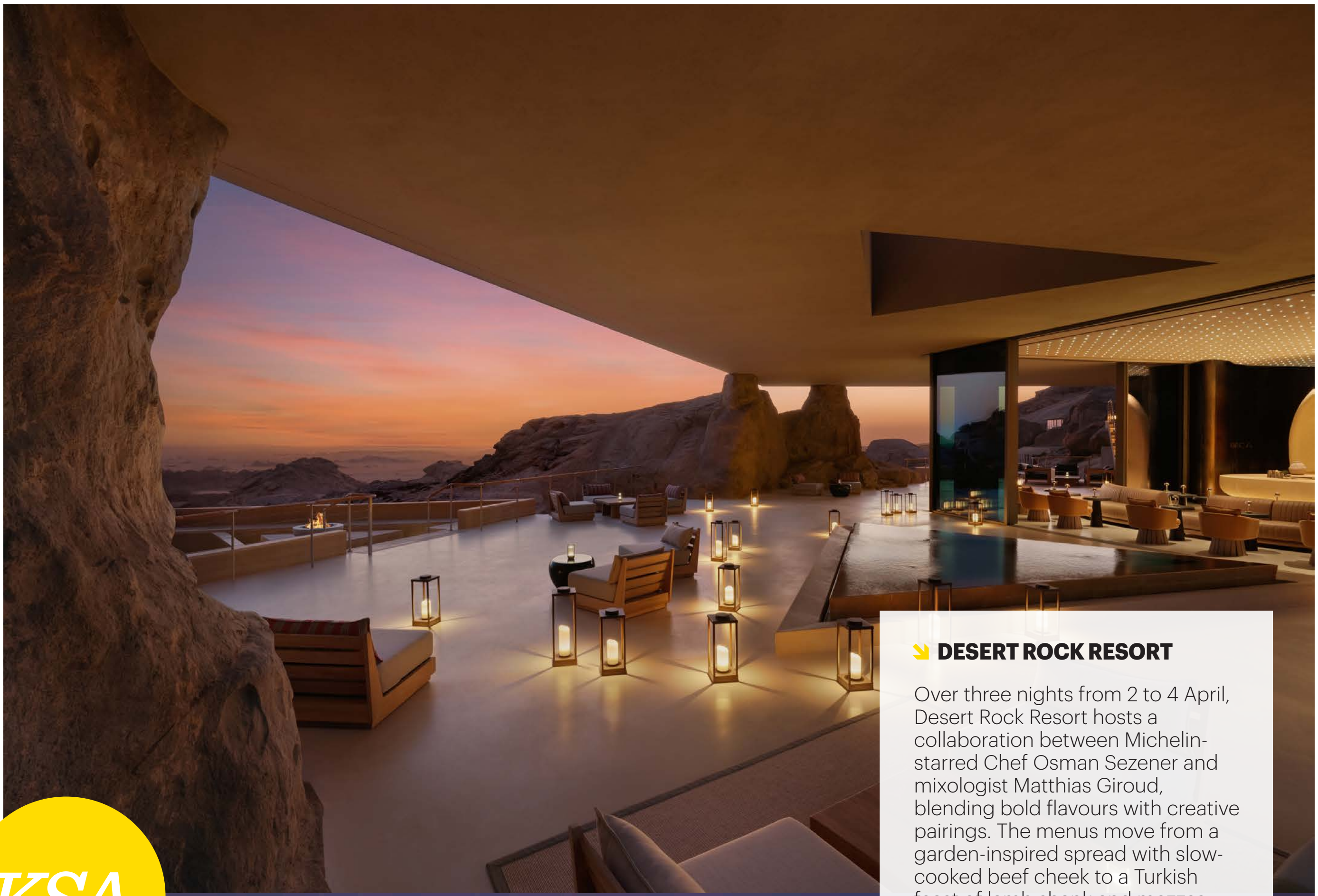
GCC



THE SALT ROAD DOHA

Now open at Andaz Doha, The Salt Road brings a South African-born dining concept to the region, built around the elemental power of salt. Chefs Calum Anderson, Craig Cormack, and Beau du Toit use it not just as seasoning but as a storytelling device, drawing from the global salt trade to shape a menu that spans cultures and traditions. Dishes like Cape Malay Carrot Salad, Salt Baked Celeriac with pumpkin gnocchi, and South African Melktert with charred stone fruit showcase a thoughtful balance of history, technique, and bold, innovative flavours.

Visit hyatt.com/en-US/hotel/qatar/andaz-doha.



KSA

DESERT ROCK RESORT

Over three nights from 2 to 4 April, Desert Rock Resort hosts a collaboration between Michelin-starred Chef Osman Sezener and mixologist Matthias Giroud, blending bold flavours with creative pairings. The menus move from a garden-inspired spread with slow-cooked beef cheek to a Turkish feast of lamb shank and mezzes, ending with a Mediterranean seafood showcase featuring Hamachi ceviche and red mullet. With mocktail pairings, a live DJ set from LËEX, and Chef Osman sharing the stories behind each dish, it's a dining experience that goes beyond the plate.

Visit desertrock.sa/en/.

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Tried & tasted

Our top dining experiences this month

GIRL & THE GOOSE – RESTAURANTE CENTROAMERICANO

Chef Gabriela's supper club was a cult favourite among Dubai's discerning diners—a word-of-mouth sensation that saw over 5,000 guests pass through her doors between 2019 and 2024. Now, her next chapter takes shape with Girl & the Goose – Restaurante Centroamericano, a premium-casual spot that elevates her intimate dining experience to a grander stage. Set within a 5,000-square-foot space, the restaurant leans into Central American nostalgia, with terracotta walls, rattan lighting, and archways reminiscent of colonial mansions. The courtyard-style layout, the veranda balcony, and a striking birdcage-inspired bar pay homage to the region's architectural heritage, while the warm, communal spirit of the supper club lingers in the air.

Then, there's the open kitchen, essentially an invitation to witness Chef Gabriela at work, blending Spanish and Mesoamerican influences in a setting that's as much about storytelling as it is about flavour. A select few can claim front-row seats at the chef's counter, echoing the intimacy of her home gatherings, while private dining rooms house relics from the past such as the original supper club's communal table, a well-loved painting that once presided over countless meals, and the unmistakable warmth of a chef who has built her legacy around shared experiences.

The highlights

From the moment we settled in, Girl & the Goose set the tone for a meal where bold Central American flavours met refined execution. Chef Gabriela's menu reads like a love letter to the region, each dish a reflection of her deep-rooted culinary connection.

We started with Elotes Loco, a playful take on the street-food staple. Smoky charred corn granules formed the base, crowned by a side-cut cob for dramatic effect. Cilantro, shiso, and mint added freshness, while pecans and chayote provided crunch. The Mushroom & Truffle Empanadas followedgolden, crisp parcels packed with umami, their richness offset by a silky truffle sauce. Rellenitos de Pollo brought hand-rolled dumplings filled with achiote-spiced chicken, their softness contrasted by caramelised and crispy onions, adding depth and texture. The Mayan Grilled Cactus Steak was a visual showstopper showcasing smoky cactus at the base, drizzled with chimichurri, with glazed tenderloin strips resting on top, flanked by vibrant greens and cherry tomato confit.

For mains, the Mejillas de Ternera delivered slow-cooked beef cheek in a deeply flavoured Mesoamerican Pinol sauce, lifted by pickled onions and Thai basil cream. The Costillas de Res, braised short ribs in a clay pot, are perfect for digging in, with tender meat wrapped in refried bean purée, salsa verde, and pickled onions. On the side, Maduros Fritos (golden, caramelised sweet plantains) offered just the right touch of sweetness.

Dessert didn't disappoint. The Cacao Fiesta Cake was a triple-layered affair, indulgent yet airy, coated in chocolate fudge and topped with crispy plantains and a hint of grapefruit salt. The Horchata Tres Leches took a Honduran spin on the classic, its horchata-soaked sponge light rather than dense, balanced by zesty lemon curd, torched meringue, and a scattering of pistachios, pumpkin seeds, and hibiscus. Paired with homemade mango ice cream, it perfectly embodied the restaurant's ethos: nostalgic yet inventive.

Book now
Visit girlandthegoose.com.

MAISON REVKA

This new dining concept brings Parisian grandeur and Slavic soul to Bluewaters Island, reimagining the essence of a French château with a bold, Eastern European flair. A favourite in Paris and St. Tropez, the beach club and restaurant celebrates the opulence of Slavic cuisine—think silky smoked salmon, an indulgent selection of caviars, golden-crusted salmon coulibiac, and delicate pavlovas to finish. Two expansive verandas blur the lines between indoor and outdoor dining, leading into a garden oasis where jasmine-draped pergolas, a central fountain, and plush loungers set the scene for laid-back lunches.

Inside, Maison Revka channels the spirit of a Louis XVI château through a Slavic lens. Stained glass, plush velvets, and floral linens create a richly textured setting that feels both timeless and contemporary. Meanwhile, the Maison Revka Boutique curates 100 exquisite items, from gourmet delicacies to elegant homeware, ensuring that the art of Slavic living extends beyond the dining table.

The highlights

Maison Revka offers both indoor and outdoor dining, each space with its own distinct charm. The terrace, reminiscent of a Parisian boulevard, is lined with elegant tables and lush greenery, perfect for a breezy afternoon. Step inside, and the atmosphere shifts—descending the staircase feels like entering a grand dining space, where old-world elegance meets fairytale whimsy.

We settled outdoors to enjoy the sunset, setting the tone for a relaxed yet memorable meal. To start, the Mixed leaves salad with beetroot and goat cheese ravioli was a fresh, balanced combination, with earthy beetroot and creamy goat cheese wrapped in delicate pasta. The Truffle pizzetta followed, with a crisp base and a rich, fragrant layer of truffle, while the baked shrimp with garlic and eggplant brought a smoky, savoury depth.

For mains, the Grilled lamb chops with diable jus were perfectly cooked, tender and bold, paired with truffle fries that were crisp, golden, and indulgently flavoured with parmesan. We enjoyed our mains with Marakuya, a tropical mocktail made with passion fruit and citrus, and the Revka A La Plage, a sweet concoction featuring raspberry, peach, and grapefruit soda.

To finish, the chocolate mousse with tonka beans was light yet rich, with a smooth caramel layer adding depth. Generously sized, it was perfect for sharing—if you can resist keeping it to yourself.

Book now

Visit maisonrevka.com/dubai.

ON TEST:

The Smeg 10-in-1 Multifunction Countertop Combi Steam Oven

This combi steam oven is a stylish, multifunctional appliance that delivers impressive results across a variety of cooking methods. It features bake, convection bake, air fry, steam, grill, and preset programs, making it perfect for those who love experimenting in the kitchen. Each dish I tried—whether air frying, baking, or steaming—turned out delicious, though I found it helpful to monitor cooking times to prevent overcooking.

Ideal for maximising space, the oven combines versatility with a sleek mid-century design, available in black, red, and white. A large window and always-on interior light make it easy to keep an eye on food, while the grill rack, enameled tray, and perforated tray offer flexible cooking options. Adjustable guides allow for multiple positioning levels and easy cleaning.

With 33 automatic chef recipes, the Combi Steam Oven simplifies cooking—just select a preset and let it do the work. A built-in water tank powers the steam function, and a cheat sheet with a QR code inside the lid provides quick access to instructions.

Hands-On Trial

During testing, the air fry function produced perfectly crispy chicken tenders and chips, while roasting and baking delivered great results with vegetables and cakes. The steam setting made steaming vegetables effortless, and the dedicated cake and bread programs ensured consistent bakes. I also baked muffins using the Muffin preset from the Chef Menu, which includes steam, and they turned out moist and delicious. Small note: the trays can be prone to tipping when pulling them out, so careful handling is recommended.

Compared to other combi ovens, like the Ninja Combi Oven, the Smeg stands out with its larger capacity, wider range of settings, and elegant design. While the Ninja is more compact and faster, the Smeg offers more interior space and enhanced versatility. If you have the room and want a sleek, feature-packed oven with a stylish edge, the Smeg Combi Steam Oven is well worth considering.

Available for AED4,999 at Better Life UAE stores and leading hypermarkets across the Middle East.

easy

Delicious, simple, and easy-to-make recipes

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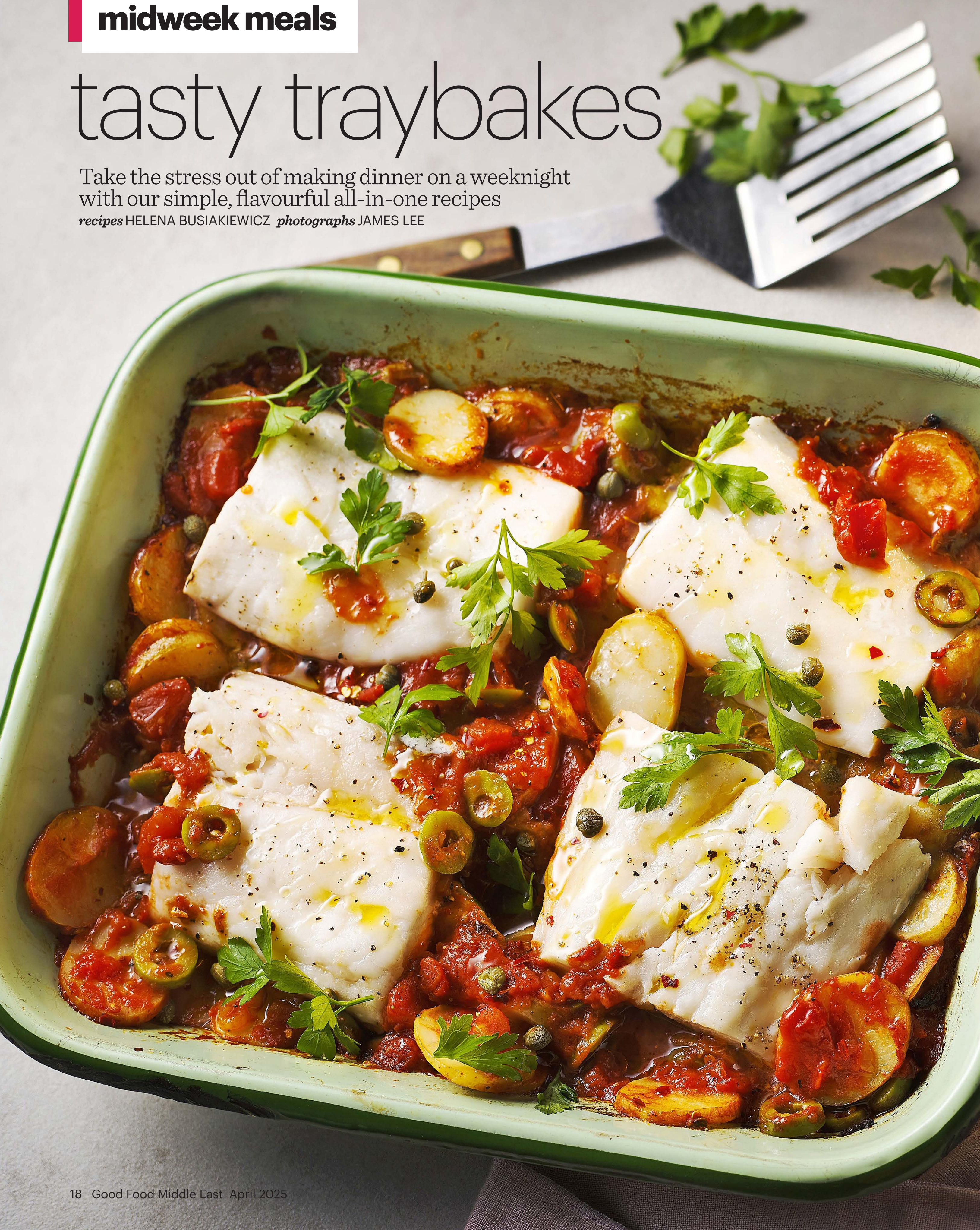
midweek meals

tasty traybakes

Take the stress out of making dinner on a weeknight with our simple, flavourful all-in-one recipes

recipes HELENA BUSIAKIEWICZ ***photographs*** JAMES LEE



Puttanesca hake traybake

This recipe is inspired by Ottolenghi's puttanesca salmon, but we've gone for sustainable hake and added some potatoes to make it a more complete meal.

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY**

- 1 onion, sliced
- 500g baby potatoes, sliced into chunky coins
- 2 tbsp olive oil
- 3 garlic cloves, lightly bashed but still in their skins
- 400g can chopped tomatoes
- 60g pitted olives, we used nocellara, sliced
- 1 tsp chilli flakes
- 2 tbsp capers, drained and roughly chopped
- 3 anchovy fillets, finely chopped
- 4 hake fillets, roughly 100g each
- 10g parsley, roughly chopped

1 Heat the oven to 220C/190C fan/gas 6. Put the onion and potatoes in a roasting dish, drizzle with oil and top with the garlic. Season well with salt and pepper. Roast for 25-30 mins, turning halfway, until golden and cooked through. Remove the garlic from their skins and squeeze over the potatoes.
2 When the potatoes are cooked, mix the chopped canned tomatoes with a good pinch of salt and pepper. Scatter the olives, chilli flakes, capers and anchovies over the potatoes and mix well. Pour over the seasoned canned tomatoes. Nestle in the hake fillets on top.
3 Cover with foil, then return to the oven for 10-15 mins, until the fish is cooked. It should be opaque and flake easily when lightly pushed with a fork.
4 Scatter with the parsley and serve straight from the tray.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day • gluten free
PER SERVING 296 kcals • fat 10g • saturates 2g • carbs 26g • sugars 7g • fibre 5g • protein 23g • salt 1.36g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

onions
garlic
baby potatoes
carrots
cauliflower
spring onions
purple sprouting broccoli
cherry tomatoes
parsley
basil
coriander
lemongrass stalk
limes
fresh ginger
stir-fry vegetables

MEAT AND FISH

4 hake fillets (roughly 100g each)
chorizo
chicken mince

DAIRY AND CHILLED

mascarpone
parmesan (optional)

STORECUPBOARD

400g can chopped tomatoes
400ml can coconut milk
2 x 250g pouches microwave rice
olive oil
vegetable oil
gochujang
soy sauce
maple syrup or honey
nocellara olives
chilli flakes
capers
anchovies in oil
fish sauce
low-sodium vegetable stock
pesto
red Thai curry paste
gnocchi
black sesame seeds (optional)

FREEZER

frozen peas

Per person costings do not include salt, pepper or oil

Chorizo & purple sprouting broccoli gnocchi traybake

This is the perfect meal for when you've got next to no energy to cook. If you buy pre-chopped chorizo and garlic, you don't have to chop a single thing.

SERVES 2-4 **PREP** 5 mins
COOK 35 mins **EASY**

- 200g chorizo, chopped into chunky coins
- 200g purple sprouting broccoli, woody stems snapped off
- 200g cherry tomatoes
- 1 tbsp olive oil
- 2 garlic cloves, grated
- 500g gnocchi
- 125g mascarpone
- 15g basil, finely chopped
- grated parmesan, to serve (optional)

1 Heat the oven to 220C/190C fan/gas 6. Put the chorizo, purple sprouting broccoli and cherry tomatoes in a high-sided tray, ours was roughly 30cm by 25cm. Drizzle over the olive oil and sprinkle with salt and pepper. Roast for 20-25 mins, shaking halfway, until the chorizo has released its oils and becomes crisp.

2 Squish the tomatoes slightly to help release their juices, then grate over the garlic and stir in 2 tbsp water. Scatter in the gnocchi, stirring well to coat. Season, then return the tray to the oven for 10-12 mins.

3 Spoon in the mascarpone and scatter over the basil. Mix well until the tomatoes and mascarpone have combined to make a creamy sauce. Scatter any remaining basil on top and serve with grated parmesan, if you like.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING (4) 562 kcals • fat 35g • saturates 16g • carbs 37g • sugars 9g • fibre 7g • protein 22g • salt 2.94g

Korean-style cauliflower & carrot baked rice

This makes the most of handy microwave rice pouches to save some time. Be warned - it's quite spicy!

SERVES 4 **PREP** 10 mins
COOK 1 hr **EASY** **V**

- 1 small cauliflower, chopped into florets
- 2 carrots, sliced into half moons
- 100g bunch of spring onions, whites cut into thirds, greens finely sliced
- 2 tbsp vegetable oil
- 2 tbsp gochujang
- 2 garlic cloves, grated
- 10g fresh ginger, grated
- 2 tbsp soy sauce
- 1 tsp maple syrup or honey
- 2 x 250g pouches cooked microwave rice

To serve

- 5g coriander leaves
- 1 tsp black sesame seeds (optional)

1 Heat the oven to 220C/200C fan/gas 7. Put the cauliflower, carrots and whites of the spring onions in a large, high-sided baking dish. Pour over 1 tbsp vegetable oil, season with salt and pepper, and mix to coat. Roast for 30 mins, shaking halfway.

2 Meanwhile, whisk the remaining vegetable oil, gochujang, garlic, ginger, soy sauce and maple syrup in a large bowl. Season with a little black pepper. With the rice still in the pack, break it up using your hands, then open the bag and pour into the gochujang mix. Mix until all the rice is completely coated.

3 Pour the gochujang rice into the tray with the veggies and mix well. Return to the oven for another 30-35 mins until the veggies are soft, slightly charred and the rice is crispy around the edges. Sprinkle with the greens of the spring onions, coriander leaves and black sesame seeds, if you like, then serve straight from the tray.

GOOD TO KNOW vegan • low fat • low cal • vit c • 2 of 5-a-day

PER SERVING 342 kcals • fat 7g • saturates 1g • carbs 60g • sugars 9g • fibre 5g • protein 7g • salt 1.42g

Red Thai chicken meatball traybake

This is a great midweek meal as you save the faff of browning meatballs by chucking everything in the oven to cook together.

SERVES 4 **PREP** 15 mins
COOK 40 mins **EASY**

500g chicken mince
2 tbsp red Thai curry paste
10g coriander, roughly chopped
2 garlic cloves, grated
1 lemongrass stalk, finely chopped
1 lime, zested and juiced
1 tsp vegetable oil
300g stir-fry veg (ours was a mixture of baby corn, broccoli, mangetout and pak choi)
400ml can coconut milk
100ml low-sodium vegetable stock
1 tbsp fish sauce
cooked brown rice, to serve

1 Put the chicken mince, 1 tbsp of the red curry paste, half of the coriander, garlic, lemongrass and lime zest in a large bowl. Season lightly with salt and pepper. Use your hands to bring the mix together, being careful not to overwork the mixture. Once combined, split into 16 equal balls. Keep the bowl for later.

2 Heat the oven to 220C/190C fan/gas 5. Put the meatballs in a deep, high-sided tin and drizzle over the vegetable oil. Roast for 20 mins. After 10 mins, scatter in the veg.

3 Meanwhile, pour the remaining curry paste, coconut milk, veg stock, fish sauce and lime juice into the bowl you made the meatballs. Whisk together until combined, seasoning with a little salt and pepper.

4 Pour the curry coconut mixture over the meatballs, then bake for 20-23 mins until bubbling and the meatballs are golden. Scatter with the remaining coriander and serve with brown rice.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 385 kcals • fat 26g • saturates 16g • carbs 10g • sugars 6g • fibre 2g • protein 27g • salt 1.58g

Spring greens filo traybake pie

This is a super simple 'pie'. If you have a deep-sided tray that is safe to use on the hob, use that. If not, a casserole dish works well, too.

SERVES 4 **PREP** 10 mins
COOK 35 mins **EASY** **V**

- 2 tbsp, plus 1 tsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, grated
- ½ tsp chilli flakes
- 200g spring greens, finely chopped
- 200g frozen peas
- 2 tbsp pesto
- 200g mascarpone
- 250ml low-sodium vegetable stock
- 4 sheets of filo pastry

1 Heat the oven to 200C/180C fan/gas 6. Put a medium ovenproof casserole dish on low heat, pour in 2 tbsp olive oil, then scatter in the onion and garlic. Season with salt and pepper and cook for 10-15 mins, or until the onion is starting to turn golden at the edges.
2 Turn the heat up to medium, then scatter in the chilli flakes, spring greens and peas. Cook for 5 mins, until the greens are wilted, then stir in the pesto and mascarpone. Once melted, gradually pour in the vegetable stock, then season to taste.
3 Scrunch up the sheets of filo on top of the pie, brushing with 1 tsp of olive oil. Put in the oven to bake for 15-18 mins, until the pastry is golden and the filling below is bubbling.
4 Leave to cool for 5 mins before serving straight from the dish.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 451 kcals • fat 34g • saturates 16g • carbs 24g • sugars 9g • fibre 7g • protein 9g • salt 0.52g

Shoot director LAURIE NEWMAN | Food stylist JACK SARGESON | Stylist LUIS PERAL

COOK SMART

Air-fried Easter

Plan ahead for Easter with novel ideas, including sweet bakes and a tender lamb centrepiece that can all be made without turning the oven on

recipes SILVANA FRANCO *photographs* HANNAH TAYLOR-EDDINGTON

Easiest air fryer Easter chocolate cookies

Air fryer hot cross bun brownies

Give brownies an Easter twist with pieces of hot cross bun dotted throughout. Feel free to add any mix-ins you like; marzipan works well (especially if you have some left over from a simnel cake), or experiment with chopped nuts and crystallised stem ginger.

MAKES 9-12 **PREP** 10 mins
COOK 35 mins **EASY** V ❄

- 125g butter, roughly chopped
- 125g dark chocolate, roughly chopped
- 1 large hot cross bun, halved through the middle
- 2 eggs
- 175g caster sugar
- 80g plain flour
- 20g cocoa powder
- 40g chocolate, any type, roughly chopped
- 75g marzipan, diced (optional)

1 Melt the butter and dark chocolate together in a heatproof bowl set over a pan of simmering water, ensuring the bowl doesn't touch the water, or in the microwave in 30-second bursts until smooth. Leave to cool for a few minutes. Line a 20cm square (or other cake tin that fits in the air fryer) with baking parchment.

2 Heat the air fryer to 180C. Tear the hot cross bun into small chunks then tip into the air fryer basket and cook for 3-4 mins until crunchy and golden. Tip into a bowl and lower the air fryer temperature to 160C.

3 Whisk together the eggs, sugar and a pinch of salt in a large bowl using electric beaters until thick and creamy. Sift over the flour and cocoa powder, then pour in the melted chocolate mixture. Using a spatula gently fold until evenly mixed, then stir in the hot cross buns, chopped chocolate and marzipan, if using.

4 Pour into the prepared tin and air fry for 25-30 mins until set but with a gentle wobble in the centre. Leave to cool completely before cutting into 9 or 12 rectangles.

PER SERVING (12) 275 kcals • fat 15g • saturates 9g • carbs 30g • sugars 22g • fibre 2g • protein 4g • salt 0.25g

tip

For extra-fudgy brownies, leave to cool overnight in the fridge before slicing and serving.

Air fryer garlic & oregano lamb leg with crispy new potatoes

This easy air-fried lamb with parmesan-coated baby potatoes makes short work of preparing a classic Easter roast dinner.

SERVES 4-6 **PREP** 10 mins
COOK 1 hr 5 mins **EASY**

- 1-1.2kg bone-in half leg of lamb
- 2 garlic cloves, quartered lengthways
- 2 tbsp olive oil
- 1 tbsp oregano leaves, roughly chopped, plus a sprig to serve
- 1 lemon, zested and juiced, plus slices to serve
- 750g baby new potatoes
- 2 tbsp pecorino or parmesan, finely grated

1 Take the lamb out of the fridge 30 mins before cooking. Carefully using a small, sharp knife, make incisions in the flesh and slide in the garlic slivers. Drizzle a little of the oil on the lamb then season with salt and pepper, and sprinkle with the chopped oregano, rubbing in well.

2 Heat the air fryer to 200C. Put the lamb in the air fryer basket and pour over half the lemon juice. Toss the potatoes with the remaining oil and season well. Scatter the potatoes around the lamb.

3 Air fry for 15 mins then reduce the heat to 180C and cook for a further 45 mins, turning the lamb halfway through. Transfer the lamb to a large, warmed plate and pour over the remaining lemon juice. Cover with foil and leave to rest for 10 mins.

4 Meanwhile, sprinkle the cheese and lemon zest over the potatoes and toss well. Air fry for a further 5-8 mins until crisp and golden. Pour any resting or remaining juices from the air fryer basket over the lamb. Garnish with an oregano sprig and serve with sliced lemon for squeezing over.

GOOD TO KNOW gluten free
PER SERVING (6) 470 kcals • fat 24g • saturates 10g • carbs 19g • sugars 2g • fibre 3g • protein 42g • salt 0.31g

tip

If you prefer your lamb well done, cook for a further 15 mins at 180C.

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist HANNAH WILKINSON

Easiest air fryer Easter chocolate cookies

Make these simple cookies using any Easter chocolate and mini eggs – just smash into small pieces or roughly chop.

MAKES 16 **PREP** 15 mins
COOK 10 mins **EASY** V
❄ raw dough only

- 125g unsalted butter, softened
- 150g light brown soft sugar
- 1 egg
- 1 tsp vanilla extract
- 225g plain flour
- ½ tsp bicarbonate of soda
- 150g chocolate (any type), roughly chopped

1 Beat the butter and sugar together with electric beaters until light and fluffy, around 5 mins. Whisk in the egg and vanilla extract until smooth and creamy.

2 Add the flour, bicarbonate of soda, chopped chocolate and a pinch of salt and mix with a spatula to form a stiff dough. Roll into 16 walnut-sized balls, then pat each one down to flatten slightly. *Will keep frozen for up to three months.*

3 Heat the air fryer at 160C and lay a piece of baking parchment in the basket. Air-fry the cookies, in batches, for 9-15 mins, until golden brown. Or air-fry from frozen for 13-15 mins. Depending on your air fryer and how you like your cookie, check every 2 mins. Leave for 2 mins to firm up then transfer to a wire rack to cool completely. *Will keep in an airtight tin for up to a week.*

PER SERVING 201 kcals • fat 10g • saturates 6g • carbs 25g • sugars 14g • fibre 1g • protein 3g • salt 0.13g

GF tip

For a softer cookie, air-fry until set and pale golden (about 9 mins). For a crunchier result, bake for a little longer until dark golden on both sides.

COOK SMART

Dinner today, lunch tomorrow

There's no faffing about with skewers for this traybake kebab and the leftovers make an ideal base for on-the-go lunches

recipes AILSA BURT *photographs* MAJA SMEND

Traybake lamb kebab with spinach sauce

SERVES 4 plus leftovers
PREP 25 mins plus cooling
COOK 30 mins **EASY** ❄

- 1 tbsp sunflower oil, plus extra for the tin
- 3 roasted red peppers, drained
- 1 onion, roughly chopped
- 3 garlic cloves, roughly chopped
- small handful of parsley, roughly chopped
- 2 tsp ground cumin
- 1 tbsp tomato purée
- 1 tsp pul biber (optional)
- 800g lamb mince
- flatbreads, to serve

For the yogurt sauce

- 260g spinach
- 2 small garlic cloves, crushed
- 400g Greek-style natural yogurt
- 1 tbsp tahini
- ½ tbsp lemon juice

For the salad

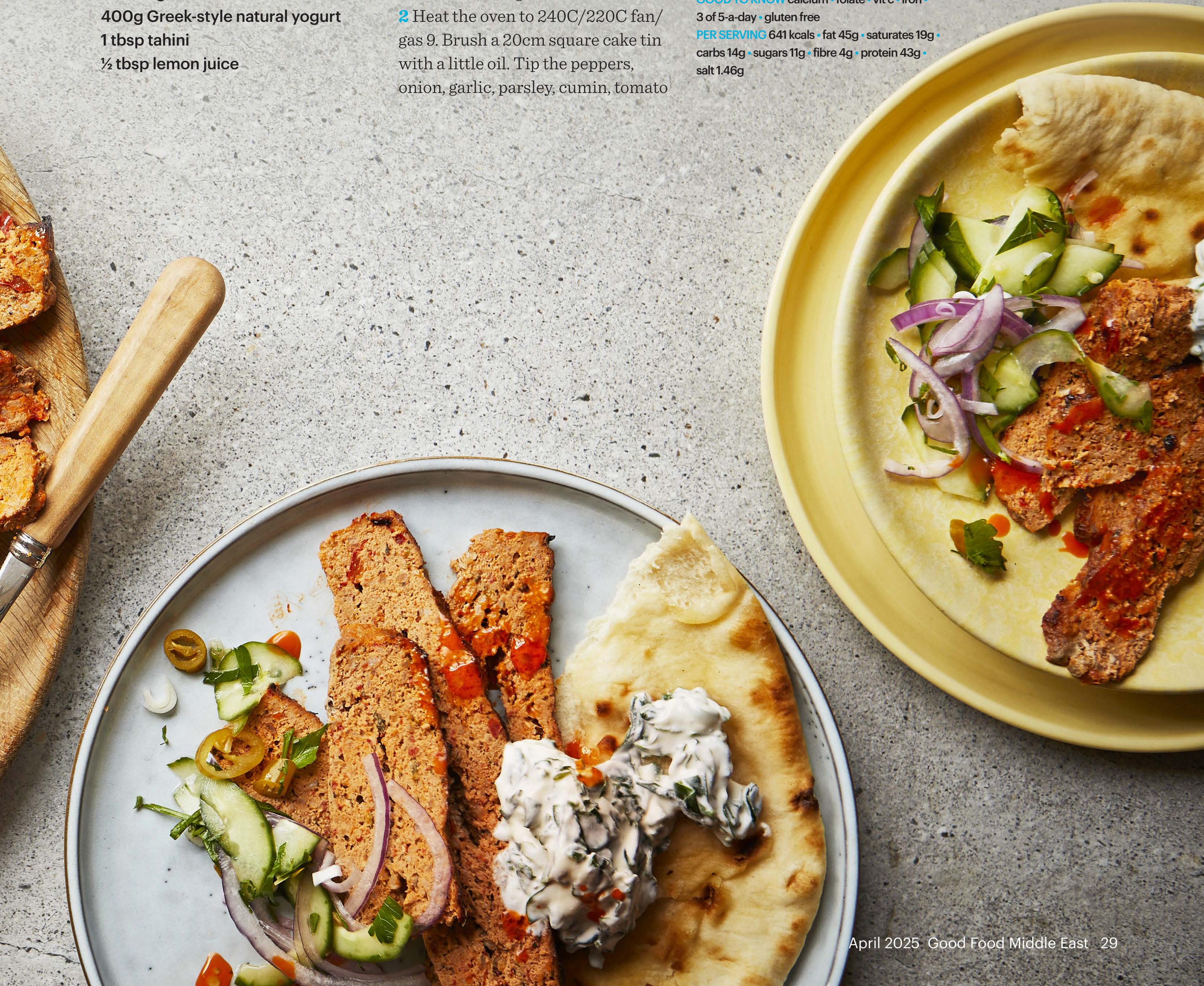
- 1 cucumber, deseeded and finely chopped
- 1 red onion, finely sliced
- 4 long pickled green chillies, finely sliced (optional)
- 1 lemon, juiced
- small handful of parsley, finely chopped
- 3 tbsp extra virgin olive oil

1 To make the yogurt sauce, boil a kettle full of water and tip the spinach into a colander or sieve. Pour the boiling water over the spinach and set aside to cool. Once cool enough to handle, squeeze out as much moisture as you can with your hands then roughly chop and tip into a bowl. Mix in all the other ingredients and season to taste. Set aside in the fridge until needed.

2 Heat the oven to 240C/220C fan/gas 9. Brush a 20cm square cake tin with a little oil. Tip the peppers, onion, garlic, parsley, cumin, tomato purée, pul biber, if using, and 1½ tsp salt into a food processor. Blitz until finely chopped, then add the lamb and keep blitzing until very well combined. Pat the kebab mixture into the tin. Brush over the remaining oil and roast in the oven for 15 mins until browned around the edges, or until a digital cooking thermometer reads 75C when pushed into the middle. Switch your oven to grill on high and cook for a further 5-10 mins until cooked all the way through. *Leave to cool. Will keep chilled for up to two days.*

3 Meanwhile, mix all the salad ingredients together and season to taste. Cut the kebab into slices and serve on a platter with the salad, sauce and flatbreads on the side so everyone can help themselves.

GOOD TO KNOW calcium • folate • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 641 kcals • fat 45g • saturates 19g • carbs 14g • sugars 11g • fibre 4g • protein 43g • salt 1.46g



Crispy lamb & pea tabbouleh

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

- 120g dried bulgur
- 4 tbsp olive oil
- 1 lemon, juiced
- small handful of parsley, roughly chopped
- small handful of mint sprigs, leaves picked and finely chopped
- 200g frozen peas
- 150g leftover traybake lamb kebab, roughly chopped
- 4 spring onions, finely sliced
- 2 roasted red peppers, finely chopped
- 30g pomegranate seeds, to serve

1 Cook the bulgur following pack instructions then drain and rinse under cold water. Set aside to cool slightly. Mix 3 tbsp olive oil with the lemon juice and herbs in a large bowl, then stir in the bulgur and season to taste.

2 Drizzle the remaining olive oil into a frying pan and put over a medium-high heat. Mix in the frozen peas and leftover lamb and fry for 5-6 mins until crispy and the peas are popping. Stir in the spring onions and peppers and cook for just 1 min then remove from the heat. Stir into the tabbouleh and scatter over pomegranate seeds to serve.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 592 kcals • fat 33g • saturates 7g • carbs 44g • sugars 14g • fibre 16g • protein 23g • salt 1.89g

Yogurt-dressed lamb pasta salad

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

- 50g sundried tomatoes, roughly chopped, plus 2 tbsp of the oil
- 2 garlic cloves, crushed
- 1 tsp dried chilli flakes
- 150g leftover traybake lamb kebab, roughly chopped
- 175g small pasta (we used trofie)
- 150g Greek-style natural yogurt or leftover yogurt sauce
- ½ tbsp pomegranate molasses
- ½ lemon, zested
- 3 sprigs mint, leaves picked and finely chopped
- ½ tsp ground cumin
- 75g green olives, roughly chopped
- 200g leftover salad

1 Drizzle the oil from the sundried tomatoes into a pan over a medium-low heat and stir in the garlic and chilli flakes. Cook for 1-2 mins then mix in the lamb, coating it in the oil. Fry for 4-5 mins to warm through.

2 Meanwhile, cook the pasta following pack instructions, then drain and rinse in some cold water. Set aside to cool slightly. Mix the yogurt, molasses, lemon zest, mint and cumin then season to taste. Stir in the sundried tomatoes, olives, and the leftover salad. Divide the pasta between your plates, top with the yogurt and the lamb, then drizzle over the oil from the pan to serve.

GOOD TO KNOW folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 856 kcals • fat 40g • saturates 12g • carbs 86g • sugars 21g • fibre 12g • protein 32g • salt 2.11g

Crispy chickpea & lamb stuffed wraps

SERVES 2 **PREP** 15 mins plus pickling
COOK 10 mins **EASY**

- 100ml apple cider vinegar
- 1 tbsp caster sugar
- 1 small red onion, finely sliced
- 400g can chickpeas, drained
- 1 tbsp sunflower oil
- 2 tbsp harissa
- 150g leftover traybake lamb kebab, roughly chopped
- 4 tbsp hummus
- 2 large flour tortillas
- 1 pepper, finely sliced
- 40g salad leaves

1 To make quick pickled onions, tip the vinegar, sugar and 1 tsp sea salt into a saucepan, bring to a boil and leave to simmer for a few minutes until dissolved. Stir in the red onions and set aside to pickle for at least 30 mins. *Will keep chilled for up to one week.*

2 Heat the air fryer to 200C or oven to 220C/200C fan/gas 7. Stir together the chickpeas, oil, harissa and lamb until well coated then tip into the air fryer basket or onto a baking tray and cook for 10 mins.

3 Divide and spread the hummus over each tortilla and top with the pepper, salad leaves, pickled onions, chickpeas and lamb.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 768 kcals • fat 38g • saturates 6g • carbs 68g • sugars 13g • fibre 15g • protein 31g • salt 3.01g

tip

If you have any leftover salad or yogurt from the base recipe, add the yogurt to the hummus and swap the pepper and leaves for the leftover salad.

Shoot director JORDAN EDMONDS MOORE | Food stylist JACK SARGESON | Stylist WEI TANG

PUREZZA™
PREMIUM WATER
Locally sourced, served fresh,
eco-friendly and sustainable.
STILL
750ml

The sticker challenge

Bags of potatoes often end up in the reduced section, so make the most of them in these thrifty meals

recipes AILSA BURT *photographs* DANIELLE WOOD

Gnocchi with peas & pancetta

Gnocchi with peas & pancetta

Gnocchi freeze well and can be cooked straight from frozen.

SERVES 2 (with leftovers)
PREP 35 mins plus cooling
COOK 30 mins **EASY** ❄ P

1kg potatoes, such as Maris Piper
150-200g '00' flour, plus extra for dusting
1 egg
good grating of fresh nutmeg
2 tbsp olive oil
75g pancetta
2 small shallots, finely chopped
150g frozen peas
parmesan, to serve

1 Prick the potatoes all over with a fork. Cook in the microwave on high in 2-min intervals until they feel tender when a knife is inserted. It should take around 8-12 mins, depending on the size of the potatoes. Leave to cool for 15 mins.
2 Gently peel off the skins and set aside (see tip below). Tip the flesh into a potato ricer or sieve and push through into a large bowl. Mix in the egg, nutmeg and 1 tsp fine sea salt with a wooden spoon.
3 Sieve 150g of the flour directly onto the work surface. Tip the potato onto the flour and knead together until well combined, trying not to overwork. If the dough is a little wet, add the remaining flour. Divide the dough into four. Lightly dust the work surface with a little more flour and roll each chunk into a 2cm-thick, long sausage shape. Cut into 1cm-wide pieces. Put half the gnocchi on a tray and freeze until solid, then put in a freezer bag and freeze for up to three months.
4 Heat the oil in a frying pan and fry the pancetta over a medium-high heat for 5 mins until crispy. Reduce the heat to medium and stir in the shallots with a pinch of salt. Cook for 5 mins until softened, stir in the peas and cook for a further 5 mins.
5 Meanwhile, bring a large pan of water to the boil. Add all the gnocchi and cook for 2-3 mins or until they bob to the surface. Drain, then stir into the pancetta mixture. Season and grate over parmesan to serve.

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day
PER SERVING (2) 598 kcals • fat 24g • saturates 6g • carbs 70g • sugars 7g • fibre 10g • protein 21g • salt 2.39g

gF tip

Potato peel crisps
Toss the peels with a little neutral oil and some seasoning, then air fry at 180C for 5-10 mins, shaking the basket regularly, until crisp and golden.

Potato farl breakfast

These are so simple to make. Leave out the spring onions if you prefer them plain or don't have any.

MAKES 4 **PREP** 15 mins plus cooling
COOK 30 mins **EASY** V

400g potatoes, such as Maris piper or King Edward, cut into chunks
100g plain flour, plus extra for dusting
½ tsp baking powder
2 spring onions, finely sliced, plus extra to serve (optional)
2 tsp sunflower oil

To serve
crispy fried eggs and smoked streaky bacon or veggie alternative

1 Tip the potatoes into a saucepan, cover with cold water and salt well. Bring to the boil and cook for 12-15 mins until tender. Drain thoroughly and leave in the colander for 5 mins to steam-dry.
2 Tip the potatoes into a sieve set over a bowl and, using the back of a ladle, push them through the sieve. You can also use a potato ricer. Add the flour, baking powder, spring onions and a generous pinch of salt. Mix well until it forms a dough. Lightly flour a clean surface and tip the dough out. Roll out until 1-2cm thick and cut into 4 wedges.
3 Heat the oil in a non-stick frying pan over a medium heat. Cook for 5-6 mins until browned on one side, then flip and repeat, adjusting the heat if needed. Scatter over the extra spring onions, if using, and serve with crispy fried eggs and bacon.

GOOD TO KNOW vegan • healthy • low fat
PER SERVING 184 kcals • fat 2g • saturates 0.3g • carbs 36g • sugars 1g • fibre 3g • protein 4g • salt 0.27g

gF tip

If you have any leftover chopped soft herbs or wild garlic, feel free to add to the dough for extra flavour.

Shoot directors FREDDIE STEWART | Food stylist JESS MCINTOSH | Stylist MAX ROBINSON

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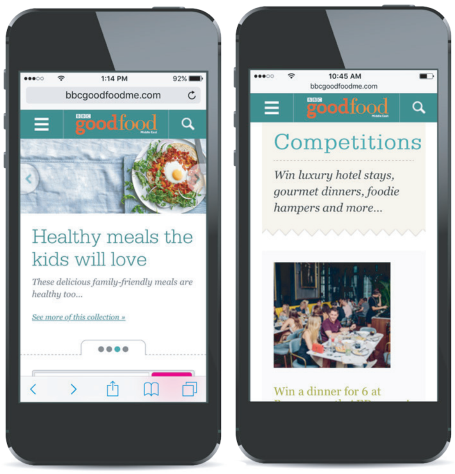

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COOK SMART

One base three meals

Transform spicy meatballs into three simple dinners, from comforting soup to pizza

recipes AILSA BURT *photographs* DANIELLE WOOD

Pork & harissa meatballs

MAKES 3 batches (each batch serves 4) **PREP** 15 mins **COOK** 1 hr 40 mins **EASY** ❄ (see tip) P

150g soft white breadcrumbs
150ml whole milk
1kg pork mince
2 tbsp harissa (we used rose)
1 lemon, zested
30g parmesan, finely grated
3 anchovies, finely chopped (optional)
small handful of parsley, finely chopped
3 tbsp olive oil, plus a drizzle
2 onions, finely chopped
small bunch of basil, leaves picked and roughly torn, stems finely chopped
4 large garlic cloves, crushed
2 tbsp tomato purée
1 tbsp golden caster sugar
1 tbsp red wine vinegar
2 x 400g cans plum tomatoes
25g butter

1 Tip the breadcrumbs into a mixing bowl and pour over the milk. Stir then set aside for 5 mins until the bread has absorbed the milk. Mix in the pork, harissa, lemon, parmesan, anchovies and parsley, season with a good few cracks of black pepper and 1/2 tsp fine sea salt. Form into 60 meatballs, around 25g each. Transfer to a baking tray. If not using right away, cover and set aside in the fridge until needed. *Uncooked meatballs will keep covered and chilled for up to two days.*

2 Heat the oil in a large ovenproof casserole dish or pan over a medium-high heat, add the onions and basil stems with a pinch of salt. Cook for 10 mins until beginning to soften, then mix in the garlic. Cook for a further 2 mins. Stir in the tomato purée, sugar and vinegar. Cook for 3-4 mins, stirring regularly, until caramelised. Tip in the tomatoes, breaking them up with the spoon. Bring to a gentle simmer, then mix in the basil leaves and butter. Cook for 20 mins, until reduced and thickened, season to taste. *Will keep chilled for up to three days. Leave to cool first.*

3 Heat the oven to 180C/160C fan/gas 4. Transfer the tomato sauce to a baking dish, if needed, and dot the meatballs evenly over the top. Drizzle a little olive oil over, cover with foil and bake for 25 mins. Remove the foil and bake for a further 25 mins, until the meatballs are cooked through and browned. *Will keep chilled for up to four days.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 263 kcals • fat 14g • saturates 5g • carbs 13g • sugars 7g • fibre 2g • protein 20g • salt 0.7g

tip

To freeze, cool the sauce, dot the meatballs over the top and cover. Cook straight from frozen in a baking dish in the oven at 180C/160C fan/gas 4, covered in foil for 1 hr, then uncover and cook for 20-30 mins.

Meal one

Crispy meatball pizza

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

- 400g shop-bought or homemade pizza dough, defrosted if frozen
- plain flour, for dusting
- 200g leftover sauce (see left)
- 150g grated mozzarella
- 20 leftover meatballs, whole or roughly chopped (see left)
- 1 tsp dried oregano
- 2 tsp fennel seeds
- ½ tsp chilli flakes (optional)
- 2 tbsp olive oil, plus a drizzle
- small handful of green olives, roughly chopped
- green salad, to serve

1 Leave the dough at room temperature for 30 mins-1 hr. Heat the oven to 240C/220C fan/gas 9. Lightly dust a clean work surface, a rolling pin and your largest baking tray with some flour. Roll out the dough and stretch it to just fit the baking tray. Transfer it over and push into the corners of the tray.

2 Spread over the leftover sauce and scatter over most of the mozzarella. In a bowl, combine the meatballs, oregano, fennel, chilli flakes, if using, and 2 tbsp olive oil. Spoon over the top of the mozzarella. Scatter over the olives and the remaining mozzarella. Drizzle with a little extra olive oil and cook in the oven for 12 mins, until crispy and golden. Serve cut into wedges with a green salad.

GOOD TO KNOW calcium
PER SERVING 631 kcals • fat 30g • saturates 11g • carbs 54g • sugars 7g • fibre 3g • protein 34g • salt 2g

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Meal two

Spring meatball soup

SERVES 4 **PREP** 5 mins
COOK 18 mins **EASY**

1 tbsp olive oil
2 carrots, finely chopped
400g can white beans, drained and rinsed
1 litre good-quality chicken stock
20 leftover meatballs
200g leftover tomato sauce
200g frozen peas
250g spinach & ricotta tortellini
200g spinach
1 lemon, zested and cut into wedges
small handful of dill, finely chopped
parmesan and crusty bread, to serve

1 Heat the oil in a deep saucepan over a medium heat. Stir in the carrots and cook for 4-5 mins until they have taken on a little colour. Tip in the beans and chicken stock and bring to a gentle simmer. Add the leftover meatballs, sauce and frozen peas and let it bubble for a few minutes. Mix in the tortellini and cook for 2 mins, stirring in the spinach as they start to bob to the top. Season to taste with salt, pepper and the lemon zest.

2 Sprinkle over the dill and serve with a grating of parmesan, crusty bread and lemon wedges on the side.

GOOD TO KNOW folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 543 kcals • fat 20g • saturates 6g • carbs 47g • sugars 8g • fibre 11g • protein 39g • salt 2.4g

Meal three

Honey-glazed meatballs with turmeric giant couscous

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY**

1 tbsp olive oil
20 leftover meatballs
2 tsp ground cumin
2 tbsp honey
2 tbsp butter

For the yogurt

1 lemon, zested and juiced
125g natural yogurt
½ cucumber, deseeded and grated

For the couscous

250g giant couscous
2 tsp ground turmeric
200g leftover tomato sauce
1 tbsp olive oil
small handful of mint, leaves picked, most finely chopped, a few whole

1 To prepare the yogurt, combine the lemon zest, yogurt and cucumber together in a bowl. Season to taste with salt, pepper and a squeeze of lemon juice. Set aside in the fridge until needed.

2 Heat the oil in a large lidded frying pan over a medium heat. Add the meatballs and cumin and toss well to coat. Pour in a splash of water and cover with a lid, cook for 5 mins until piping hot throughout, then stir in the honey and butter along along with a pinch of salt.

3 Meanwhile, cook the couscous following pack instructions, adding the turmeric to it. Then drain and stir through the leftover tomato sauce along with the olive oil and chopped mint. Season to taste and serve the meatballs over the top of the couscous, spooning over any sauce from the pan. Sprinkle with the remaining whole mint leaves and serve the yogurt on the side.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 612 kcals • fat 26g • saturates 10g • carbs 63g • sugars 17g • fibre 4g • protein 28g • salt 0.9g

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Holiday cooking
Easter love p42

Friday night dinner
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make time on
Sundays p56

Next level
Triple chocolate brownies p72

weekend

Mouthwatering dishes to dig into with your family and friends

Malted chocolate cake with mascarpone icing

Holiday cooking

EASTER LOVE

Hosting over the holiday weekend? Treat them to a spring veg fricassée, a tangy twist on roast lamb or a seafood bake, then round it off with a slice of chocolate heaven

recipes GOOD FOOD TEAM *photographs* CHELSEA BLOXSOME

Spring veg fricassée with cheesy polenta

This makes a wonderful side dish to serve with roast lamb or mutton for your Easter lunch and it also doubles as a stunning centrepiece for any vegetarians at the table. ***Cassie Best***

SERVES 4 as a main or 6 as a side
PREP 20 mins **COOK** 25 mins
EASY **V**

- 150g radishes, halved or quartered
- 150g sugarsnap peas
- 180g asparagus, woody ends trimmed and cut into batons
- 180g purple spouting broccoli, cut to a similar length as the asparagus
- 1 litre whole milk
- 150g instant polenta
- 40g parmesan or vegetarian Italian-style hard cheese, grated, plus a little extra to serve
- 100g butter
- 2 large garlic cloves, finely sliced
- 2 tbsp capers
- 1 lemon, zested and juiced
- small handful of soft herbs (we used parsley, dill and mint)

1 Bring a large pan of water to the boil and fill a large bowl with cold, iced water ready to blanch the veg. Drop the radishes into the boiling water, cook for 20 seconds, then scoop out with a slotted spoon and plunge into the cold water. Repeat with the sugarsnap peas, asparagus and finally the broccoli, but only blanching the broccoli for 1 min. *Will keep in the cold water in the fridge for up to a day.*

2 Heat the milk in a large saucepan over a medium heat and season with salt. When steaming, slowly pour in the polenta in a thin stream, whisking to prevent any lumps forming. Cook for 10 mins, until thick but pourable, stir in the cheese and a splash more milk or water if needed. The polenta will firm up if left to sit – if this happens, loosen it with water and whisk until smooth.

3 Melt the butter in a large frying pan until foaming, stir in the garlic and capers, and sizzle over a medium heat for a few minutes without letting the garlic burn. Add the lemon zest and juice and cook for another minute.

4 Drain the vegetables and add to the pan – don't worry if they're a little wet, the water will emulsify with the butter to make a sauce. Cook for 2-3 mins until the veg is just warm, then season well and stir through half the herbs.

5 Pour the cheesy polenta onto a platter, arrange the veg on top and pour over the buttery sauce from the pan. Scatter with the remaining herbs, a little black pepper and some parmesan shavings.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day • gluten free

PER SERVING (4) 461 kcals • fat 34g • saturates 21g • carbs 21g • sugars 15g • fibre 4g • protein 17g • salt 1.67g

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gF tip

Perfect with Kerrygold® butter
Use Kerrygold® salted butter for a silky finish to your sauce.

Cherry & blonde chocolate hot cross buns

The toasty caramel taste of blonde chocolate lifts the cherry flavour but milk chocolate works too. ***Helena Busiakiewicz***

MAKES 12 **PREP** 3 hrs
COOK 25 mins **MORE EFFORT** **V**

450g strong white bread flour
65g light brown soft sugar
1 orange, zested
7g fast-action dried yeast
270ml whole milk
1 tsp mixed spice
1 tsp cinnamon
½ tsp ground cardamom
½ a nutmeg, grated
2 eggs, beaten in separate bowls
1 ball of stem ginger, finely chopped, plus 2 tsp of the syrup
200g salted butter, softened
125g blonde chocolate, roughly chopped
90g dried cherries, roughly chopped
flavourless oil, for proving and the tin
75g plain flour

1 Put the flour, sugar, orange zest, yeast and 1 tsp salt into the bowl of a stand mixer. Whisk to combine.

2 Pour the milk into a small saucepan and sprinkle in all of the spices. Bring to a gentle simmer, whisking to combine. Leave to cool until just tepid, then whisk in 1 beaten egg and stem ginger syrup.

3 Put the mixer on low, then slowly pour the spiced milk into the flour. Leave to knead for 5-6 mins, until the dough is becoming a cohesive ball. With the mixer running, start adding the butter 1 tbsp at a time, waiting each time for the spoonful to be fully incorporated before adding the next.

4 Once all the butter is incorporated, turn up the stand mixer to medium, then allow it to knead for 5-8 mins, or until you can stretch a piece of dough so thinly that you can see light through it and it does not tear. This is called the windowpane test. It should be soft, shiny, glossy and elastic in texture.

5 Put the dough on a clean worksurface. Work into a rough rectangle, then scatter the chocolate and cherries on top. Work the dough to distribute these evenly. Shape into a ball, put into an oiled bowl and leave in a warm spot for 1-2 hrs until doubled in size.

6 Split the dough into 12 pieces, each roughly 110g. Shape into balls and put gently into an oiled and lined rectangular tin, spaced a little apart from each other. Leave to prove for a further 45 mins to 1 hr. They're ready when they're puffy, are touching and leave a dent when gently pressed with a floured finger.

7 Heat the oven to 200C/180C fan/ gas 6. Gently glaze each of the buns using the remaining beaten egg. Mix the plain flour with 5-6 tablespoons water to create a thick but pipeable consistency. Transfer the mixture to a piping bag and gently pipe a cross onto each bun. This is best achieved by piping down vertically across all of the buns, then turning the tin and piping horizontally.

8 Bake for 20-25 mins until risen and golden. Leave to cool slightly before serving. Serve warm or toasted with butter.

PER BUN 428 kcals • fat 21g • saturates 12g • carbs 51g • sugars 17g • fibre 2g • protein 8g • salt 0.85g

Feta & walnut-crusted Easter lamb with pomegranate

Switch up your roast lamb using flavours of the eastern Med.
Anna Glover

Put a twist on traditional roast lamb using flavours of the Eastern Mediterranean.

SERVES 6 **PREP** 20 mins plus resting
COOK 3 hrs 30 mins **EASY**

1 shoulder of lamb (about 1.6kg)
1 large onion, thickly sliced
150ml white wine or stock

For the crust
100g feta, crumbled
100g walnuts
small bunch of parsley, roughly chopped
4 tbsp pomegranate molasses, plus extra to serve
2 tsp ground cumin
2 tsp ground cinnamon
2 garlic cloves
3 tbsp olive oil

For the sumac onions
1 red onion, finely sliced
squeeze of lime juice
2 tsp sumac

To serve
warm flatbreads
hummus or yogurt
handful of soft herbs like mint and parsley

1 Heat the oven to 160C/140C fan/gas 3. Put all the ingredients for the crust in a food processor and whizz to a paste. Season well.

2 Put the onion slices in the base of a deep roasting tin. Place the lamb on top and pierce all over with the tip of a sharp knife. Spread the paste all over the top of the meat, then pour the wine or stock around the meat in the tin. Cover with a sheet of baking parchment, then foil, crimping the foil at the edges of the tray to seal well.

3 Roast for 3 hrs until the meat is very tender and coming away from the bone, then remove the paper and foil, and turn up the heat to 200C/180C fan/gas 6. Roast uncovered for another 20-30 mins until the crust is deep brown and crisp. Leave to rest for 10 mins.

4 Shred the meat using two forks, and spoon the pan juices over the shredded meat, on a warm platter. Toss the red onions with the lime juice, sumac and a pinch of salt.

5 Wrap the meat in flatbreads along with the onions, hummus or yogurt, extra pomegranate molasses and the soft herbs.

GOOD TO KNOW iron
PER SERVING 675 kcals • fat 49g • saturates 17g • carbs 15g • sugars 13g • fibre 4g • protein 38g • salt 1.12g

tip

Use mutton shoulder instead of lamb if you like, cook for 3½-4 hrs until fall apart tender before increasing the heat.

Baked cod & clams with purple sprouting broccoli

There is something comforting about fish cooked with butter and white wine – and if the weather allows, eating it outdoors is even better. ***Samuel Goldsmith***

SERVES 4 **PREP** 10 mins
COOK 30-35 mins **EASY** 🍷

- 4 cod fillets
- 50g butter
- a few oregano sprigs
- 2 garlic cloves, lightly bashed
- 125ml white wine
- 1 lemon, cut 4 slices and reserve the remainder
- 250g purple sprouting broccoli
- 1kg sustainably caught clams or mussels (check the label)
- small handful of parsley, finely chopped

1 Heat the oven to 200C/180C fan/gas 6. Put the cod in a large, lidded ovenproof pan or use a baking tray that you can cover with foil. Pop the butter, oregano and garlic in the pan and pour in the wine. Put in the oven and cook for 10 mins to melt the butter and cook off the alcohol.

2 Meanwhile, season the cod with salt and pepper. After the sauce has had 10 mins, lay the cod in it and pop a lemon slice on each piece. Squeeze the juice from the remainder of the lemon into the pan. Put back in the oven for 10-15 mins until still a little undercooked in the middle.

3 Scatter the broccoli and clams or mussels on top of the fish, then put the lid on the pan and cook for a further 6-10 mins until the clams or mussels have opened up (discarded any that don't open) and the broccoli is cooked but retains some bite. Scatter over the parsley and serve.

GOOD TO KNOW low cal • folate • vit c • gluten free
PER SERVING 311 kcals • fat 13g • saturates 7g • carbs 3g • sugars 2g • fibre 2g • protein 39g • salt 1.3g

Malted chocolate cake with mascarpone icing

It wouldn't be Easter without a hit of rich chocolate and this cake has the nostalgic flavour of malt running through it, too, so you can indulge your inner child – as well as the rest of the children! ***Ailsa Burt***

SERVES 12-14 PREP 30 mins, plus cooling COOK 45 mins EASY V

- 80g salted butter, cut into cubes, plus extra for the tin
- 100g dark chocolate, at least 70% cocoa solids, roughly chopped
- 50g cocoa powder
- 80g malted chocolate drink powder
- 250g plain flour
- 300g golden caster sugar
- 1½ tsp bicarbonate of soda
- 1 tsp baking powder
- 2 eggs, beaten
- 250ml buttermilk
- 200ml brewed coffee
- 1 tsp vanilla extract

For the icing

- 400g dark chocolate, at least 70% cocoa solids, roughly chopped
- 50g malted chocolate drink powder
- 50g golden caster sugar
- 50g salted butter
- 400ml double cream
- 150g mascarpone

To decorate

- milk chocolate shavings
- sprinkles
- Maltesers®

1 Heat the oven to 180C/160C fan/gas 4. Butter and line the base and sides of 2 x 20cm round cake tins. Tip the butter and chocolate into a heatproof bowl. Set the bowl above a saucepan filled with simmering water ensuring the bowl doesn't touch the water. Stir regularly, until melted then remove from the heat. Alternatively, you can melt in the microwave in 20-second bursts, stirring regularly.

2 Sieve the cocoa powder and malted chocolate drink powder into a large bowl. Add the flour, sugar, bicarb and baking powder along with a large pinch of salt and whisk together. In a jug, whisk together the eggs, buttermilk, coffee and vanilla, then pour into the dry ingredients. Whisk well until smooth, then pour in the melted chocolate and mix to make a smooth batter. Divide between the tins and bake for 35-40 mins, until a skewer inserted into the middle comes out clean. Set aside on a wire rack to cool completely. *Will keep in an airtight container for up to two days.*

3 To make the icing, tip the chocolate into a heatproof bowl and set aside. Tip the malted drink powder, sugar, butter, and cream into a saucepan and set over a medium-low heat. Heat gently until the sugar and butter have melted, then pour this over the chocolate, whisking well. If the chocolate hasn't melted, fill the saucepan with hot water from the kettle and set the bowl over the top, then whisk again. Using electric beaters, beat the mixture until thick and glossy, then add the mascarpone and continue to beat until well mixed. Set aside to cool to room temperature (it will thicken as it cools).

4 When ready to assemble, set one of the cakes on a cake stand or serving plate then spoon over some of the cooled icing, spreading out evenly over the cake. Sandwich with the other sponge, then layer over the remaining icing, thickly spreading over the top and sides of the cake. Scatter over some milk chocolate shavings, sprinkles and Maltesers® to decorate. *Will keep covered for up to four days.*

PER SERVING 696 kcals • fat 45g • saturates 27g • carbs 62g • sugars 42g • fibre 5g • protein 8g • salt 0.81g

Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

Friday night dinner

One-pot creamy nduja pasta

When you've had a long week and want something quick and indulgent, without too much washing-up, this pasta is just the thing

recipe HELENA BUSIAKIEWICZ *photograph* LIAM DESBOIS

SERVES 4 **PREP** 10 mins
COOK 35 mins **EASY** P

2 tbsp olive oil
1 red onion, finely chopped
2 garlic cloves, grated
2 tbsp nduja
65g green olives, roughly chopped
200g cherry tomatoes, halved
400g mafalda pasta
1 litre hot vegetable stock
4 tbsp mascarpone
50g parmesan, grated, plus extra to serve

1 Pour the olive oil into a large casserole dish that has a tight-fitting lid. Put the pan over a medium heat and, once the oil is shimmering, tip in the red onion and garlic. Cook for 10 mins, stirring regularly, until the onion is softening and turning golden at the edges.

2 Stir in the nduja, letting it caramelise with the onions and garlic for a few minutes before stirring in the green olives and tomatoes. Season well with salt and pepper. Cook for an additional 5-6 mins, until the tomatoes blister and begin to break down.

3 Lay the pasta on top of the sauce, then pour in the vegetable stock. Bring to the boil, then reduce to a simmer and put the lid on. Leave to cook for 15 mins, stirring well after 5 mins.

4 When the pasta is al dente, stir in the mascarpone and parmesan. Season to taste, then serve with more parmesan scattered on top.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 631 kcals • fat 24g • saturates 10g • carbs 80g • sugars 9g • fibre 8g • protein 20g • salt 1.69g

Shoot director LAURIE NEWMAN | Food stylist ROSIE REYNOLDS | Stylist MAX ROBINSON

make time on Sundays

Treat the family to an indulgent pancake breakfast, a home-baked savoury tart or a special starter to elevate a traditional Sunday lunch

recipes SAMUEL GOLDSMITH

photographs MAJA SMEND

Trout rillette with rye toast

Using trout here instead of salmon is more sustainable and it's equally delicious. The recipe is also ideal for making the day before, so all there is to do on the day is serve.

SERVES 4-6 **PREP** 15 mins plus at least 2 hrs chilling **COOK** 15 mins
EASY 🍷

200ml white wine
265g trout fillets
100g smoked trout, roughly chopped
3 tbsp mayonnaise
3 tbsp crème fraîche
2 spring onions, very finely sliced
1 tbsp chopped chives
½ lemon, zested and juiced, plus wedges to serve
6-8 slices of rye bread

1 Pour the wine into a small pan along with 125ml water and bring to a simmer. Drop in the trout fillets and poach for 6-8 mins until cooked through. Drain and leave the trout to cool.

2 Flake the cooled trout into a bowl, then combine with the remaining ingredients, except the lemon juice and rye bread, reserving a few of the spring onions and chives. Add a pinch of salt and freshly ground black pepper, then add the lemon juice to taste. At this point you can either leave in the bowl and serve spoonfuls on plates or spoon into ramekins to serve. Leave to chill for at least 2 hrs or overnight.

3 Just before serving, toast the rye bread and sprinkle the remaining spring onions and chives over the rillette. Serve with lemon wedges on the side for squeezing over.

GOOD TO KNOW omega-3
PER SERVING (6) 266 kcals • fat 14g • saturates 4g • carbs 16g • sugars 2g • fibre 2g • protein 16g • salt 1.18g

Feta & pea tart

Celebrate spring with this simple bake, which you can make the day before and warm up in the oven before serving.

SERVES 6-8 **PREP** 30 mins plus chilling **COOK** 40-55 mins **EASY V**

175g frozen peas, defrosted
200g crème fraîche
200g feta, roughly chopped
300ml double cream
3 eggs
8-10 mint leaves, finely chopped
handful of parsley, finely chopped
green salad, to serve (optional)

For the pastry

250g plain flour, plus extra for rolling out
125g butter, cold, cubed
1 egg yolk (freeze the white for another recipe)

1 Make the pastry by blitzing the flour, butter and a pinch of salt together in a food processor until it resembles fine breadcrumbs. Pulse in the egg yolk until a soft dough forms (you may need to add ½ tsp or so of water but do this very slowly and gradually). Tip the mixture out and form into a flat disc before chilling for 15-20 mins. Roll out the pastry on a lightly floured surface until ½cm thick and wide enough to line a 23cm tart tin (loose-bottomed is easiest). Prick the base all over with a fork and chill for 15 mins.

2 Heat the oven to 180C/160C fan/gas 4. Line the pastry case with baking parchment and baking beans, then bake for 10 mins. Remove the parchment and beans, and bake for a further 5-10 mins until a light biscuit colour.

3 Blitz a third of the peas with the crème fraîche, half the feta, double cream and eggs, then pour into a bowl and mix in the remaining peas, feta and all the herbs. Season well with salt and pepper, then pour into the prepared pastry case. Bake for a further 25-35 mins until the filling is set and golden. Leave to cool a little in the tin before removing and serving. *Will keep chilled for 24 hours. Can be served cold, or warm through in a low oven.* Serve with a green salad, if you like.

PER SERVING (8) 624 kcals • fat 51g • saturates 32g • carbs 28g • sugars 3g • fibre 2g • protein 12g • salt 1.03g

tip

To defrost the peas quickly, simply soak in boiling water then drain.

Carrot cake pancakes

Here, a classic cake is combined with the simplicity of a pancake to create a special pudding, breakfast or brunch treat.

MAKES around 10 **PREP** 15 mins
COOK 10-20 mins **EASY** **V**

225g self-raising flour
½ tsp ground cinnamon
½ tsp ground nutmeg
3 tbsp golden caster or light brown soft sugar
400ml milk
2 tbsp soft cheese, plus 100g for serving
1 egg
1 medium carrot (around 115g), grated
1 orange, zested
50g pecans, chopped, plus extra to serve (optional)
150ml natural yogurt
vegetable or sunflower oil, for frying
maple syrup or honey, to serve

1 Sift together the flour, cinnamon, nutmeg and sugar in a large bowl. Combine the milk, 2 tbsp soft cheese and egg in a large jug or bowl, then pour into the dry mix while whisking until you have a smooth batter. Stir in the grated carrot, orange zest and pecans, if using. Leave to rest for a few minutes.
2 Meanwhile combine 100g soft cheese and the natural yogurt, plus a drizzle of the juice from the zested orange, if you like. Leave in the fridge until needed.
3 Heat a teaspoon of oil in a frying pan over a medium-low heat, then add a ladleful of batter and cook until the pancake looks firm around the edges and the surface begins to bubble. If your pan is large enough, you can cook more than one at a time. Flip the pancake over and cook for 1-2 mins until cooked through. Repeat with the remaining batter, adding a little oil in between each pancake if necessary.
4 Serve the pancakes with spoonfuls of the yogurt mix, a scattering of pecans and a drizzle of maple syrup or honey, if you like.

PER PANCAKE (10) 211 kcals • fat 8g • saturates 2g • carbs 27g • sugars 10g • fibre 2g • protein 6g • salt 0.32g

Shoot director JORDAN EDMONDS MOORE | Food stylist JACK SARGESON | Stylist WEI TANG

At its best

Make the most of spring's bounty with recipes including a Middle Eastern-style lunch with tender asparagus and crispy fried chicken with spring onions

recipes HELENA BUSIAKIEWICZ ***photographs*** LIAM DESBOIS

PLANET FRIENDLIER

Asparagus

Although it's usually quite expensive in shops, asparagus is simple to grow at home – it just takes a bit of time. It's rich in folic acid and vitamins A, C, K and B6 so packs a powerful nutritional punch.

Roasted asparagus & labneh flatbreads with salted almond dukkah

Inspired by Middle Eastern flavours, this recipe makes more dukkah than you need, but it lasts in a sealed container for well over a month and is great sprinkled on salads and soups.

SERVES 2-4 **PREP** 10 mins plus at least 1 hr chilling **COOK** 25 mins
EASY **V**

250g thick Greek yogurt
70g salted roasted almonds
50g mixed seeds
1 tbsp sesame seeds
1 tbsp cumin seeds
2 tbsp olive oil
350g asparagus, woody ends snapped off
2 garlic cloves, grated
25g salted butter
10g dill, leaves picked, plus extra sprigs to serve
4 Greek-style flatbreads

1 Start by making the labneh. Mix the Greek yogurt with 1 tsp sea salt flakes, then pour into a sieve lined with a clean muslin cloth and set over a bowl. Chill for at least 1 hr. *Will keep chilled overnight.*

2 For the dukkah, heat the oven to 190C/170C fan/gas 5. Mix the almonds with the seeds on a lined baking tray. Season with salt and pepper, then bake for 6-8 mins. Leave to cool completely on the tray.

3 Put a wide frying pan over a medium-high heat. Drizzle in the olive oil and scatter in the asparagus. Cook for 5-6 mins, stirring, until charred and beginning to soften. Add the garlic, butter and dill. Stir well, turning the heat off when the butter begins to brown and smell nutty.

4 To assemble, spread the labneh over a warmed flatbread, top with the asparagus, a sprinkling of dukkah and the extra dill sprigs.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING (4) 663 kcals • fat 41g • saturates 10g • carbs 50g • sugars 5g • fibre 6g • protein 20g • salt 1.3g

Spring greens

These are often underrated veg – they are essentially cabbage without the dense heart. The plants are easy to grow and respond really well to a little compost. You can harvest them through April and May and they're so versatile in cooking.

Spring green soba salad with Korean-style marinated eggs

SERVES 2 **PREP** 10 mins plus at least 3 hrs marinating **COOK** 35 mins
EASY **V** 🍷

- 4 eggs
- 150ml soy sauce, plus 2 tbsp
- 75ml mirin
- 2 spring onions, finely sliced
- 20g ginger, sliced
- 1 tsp chilli flakes
- 1 tbsp Szechuan peppercorns, toasted and crushed
- 1 tbsp sesame seeds, plus extra to serve
- 1 tbsp white miso
- 3 tbsp rice wine vinegar
- 1 tbsp honey
- 10g coriander, roughly chopped
- 150g soba noodles
- 1 tsp vegetable oil
- 2 garlic cloves, finely sliced
- 10g ginger, finely sliced
- 200g spring greens, finely sliced

1 The eggs are best made a day or two in advance. Bring a large pan of water to the boil and season well with salt. Add the eggs and cook for 7 mins. Remove using a slotted spoon and lower into ice water to cool.

2 Mix the 150 ml soy sauce, mirin, 150ml water, 1 sliced spring onion, the ginger, chilli flakes, peppercorns and sesame seeds in a deep container. Peel the eggs and lower them into the soy sauce mix. Put the lid on the container, then chill for at least 3 hrs. *Will keep chilled for up to two days.*

3 Mix the miso, 2 tbsp soy sauce, rice wine vinegar, honey and coriander in a medium bowl. Boil the soba noodles following pack instructions and rinse well with cold water to keep them from sticking. Reserve some of the noodle cooking water.

4 Put the vegetable oil in a frying pan over a medium heat. Scatter in the garlic and ginger and cook for a few minutes until fragrant. Add the spring greens, stirring well until wilted, then mix through the cooked soba and sauce from the bowl, adding a little noodle cooking water to loosen. Mix until silky and coated.

5 Split the noodles between two bowls, then slice the eggs and put on top of the noodles. Spoon over 1 tbsp of the egg marinade. Sprinkle with a few sesame seeds and serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 524 kcals • fat 16g • saturates 4g • carbs 62g • sugars 19g • fibre 8g • protein 29g • salt 5.1g

Spring onions

Ideal for growing in smaller spaces, spring onions don't need much space or soil, and there are varieties that will grow through the winter months, too. They have a long cropping season and can be harvested just eight weeks after sowing.

Crispy fried chicken bowl with spring onion & ginger oil

The spring onion oil here is an addictive condiment that goes well on pretty much anything. It adds extra depth to this quick and easy chicken bowl.

SERVES 4 **PREP** 30 mins
COOK 30 mins **EASY**

- 100g spring onions, very finely sliced
- 20g ginger, finely chopped
- 1 tbsp Szechuan peppercorns, crushed in a pestle and mortar
- 2 garlic cloves, finely chopped
- ½ tsp MSG (optional)
- ½ tsp caster sugar
- 125ml vegetable oil, plus 4 tbsp
- 2 chicken breasts, sliced through the middle, then pounded flat
- 6 tbsp plain flour
- 3 tbsp cornflour
- 1 tsp shichimi togarashi Japanese spice blend (optional)
- sticky rice and green veg or smacked cucumbers, to serve

1 Start by making the spring onion oil. Put the spring onions, ginger, Szechuan peppercorns, garlic, MSG (if using), caster sugar and a good pinch of salt in a heatproof bowl. Pour the vegetable oil into a small saucepan over a medium heat, ensuring that the pan is no more than a third full.

2 Once the oil is shimmering hot, quickly pour it onto the spring onion mixture. It will sizzle so do this carefully. Stir to combine and set aside. *Will keep chilled in an airtight container for five days – the flavour will improve over time.*

3 Season the chicken with salt and pepper. Tip 5 tbsp of the flour and all the cornflour into a shallow bowl with the shichimi togarashi, if using, and a pinch of salt. Whisk in 7-8 tbsp of water to make a thick batter. Sprinkle the chicken with the remaining flour, then use tongs to dip the chicken in the batter.

4 Meanwhile, heat 4 tbsp vegetable oil in a frying pan over a medium heat. Gently lower in the chicken and fry on each side for 6-7 mins until very golden and crisp. Drain on a plate lined with kitchen paper and sprinkle with a little more shichimi togarashi, if you like.

5 To serve, arrange the bowl with the fried chicken, some rice, greens or smacked cucumbers, and a drizzle of the spring onion oil.

PER SERVING 389 kcals • fat 18g • saturates 1g • carbs 33g • sugars 1g • fibre 1g • protein 22g • salt 0.5g

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist LUIS PERAL

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LEARN SOMETHING *new*

Fermenting for beginners

When you work as closely with the seasons as we do, some ingredients only have a short window before they go bad, so we like to preserve them to extend their season.

Lacto-fermenting is a simple, ancient method of preserving food in a brine solution, which kills the bad bacteria that causes food to rot and helps the good bacteria (called Lactobacillus) thrive. Sugars in the food are converted into lactic acid, which will ferment and preserve it, boosting the flavour in the meantime.

Lacto-fermented food is hailed as being good for our gut health because it's full of lively good bacteria and also preserves the fruit or vegetable's nutrients.

Expect a more acidic flavour from the food you're fermenting. At Osip, we typically use a brine made up of two per cent salt to 98 per cent water. In a sanitised jar, you simply submerge the ingredients in the brine, and let it sit for time and nature do the work. The amount of time will depend on what you're preserving, but generally it will help the produce last for weeks, and potentially even a few months. It also depends on factors like the ingredient's sugar content, the season and the humidity.

Sometimes, adding salt directly to vegetables is enough to draw out their water, which in turn makes its own brine and starts the process. You can get creative with what you use, from cucumber and garlic to plums and cherries. A great tip is to save the liquid from the process. It makes a fantastic seasoning, like a milder alternative to vinegar. A particular favourite is fermented carrot juice, which we use in a jam for cheese puffs or even to add depth to mixed beverages.

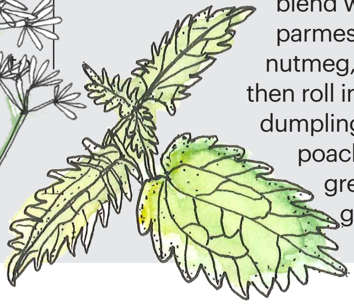
Merlin earned a Michelin star at just 24 while he was head chef at Portland restaurant in London. In 2019, he opened Osip in Somerset, now in new premises with rooms, earning both a Michelin star and Green star. During lockdown, Merlin started an organic farm to supply his restaurants. He also runs the Old Pharmacy in Somerset, which showcases his commitment to sustainable cooking.
@merlin_johnson
@osiprestaurant
@oldpharmacybruton

WILD GARLIC vs NETTLES

Both wild plants are in abundance in March but which does Merlin prefer?

WILD GARLIC
I love wild garlic, it reminds me of the beginning of spring – it's the light at the end of a long winter. You see those first shoots of green and there's a freshness to it. I like to use it in broths, like a chicken broth, as well as pesto. I also love make the seed buds into capers (see right).

NETTLES
We do some really nice things with nettles at my other restaurant, The Old Pharmacy. I really like something called malfatti or gnudi. It's a mixture of chopped, cooked nettles which you blend with ricotta, parmesan and nutmeg, and then roll into little dumplings that you poach. It goes great with wild garlic pesto.



VERDICT
The plants have different flavours and apply to different dishes but can also be brought together in some dishes as a celebration of early spring wild foods.

Merlin Labron-Johnson, chef at farm-to-fork restaurant Osip shares advice on foraging ingredients and cooking with them

Micro skills

WHAT I TAKE FORAGING

At Osip we are hyperseasonal and we like our food to have a sense of locality, which means as well as our farm, we work with foraged ingredients. My tip when out foraging, especially when it's warm, is to take a spray bottle as well as scissors and a pocket knife. Have some kitchen paper or a clean tea towel handy to wrap things up with and keep them as fresh as possible while you travel back to the kitchen. This is particularly important with delicate wild herbs like wood sorrel.

Preserve the season

WILD GARLIC CAPERS

Once the wild garlic plant has flowered you're left with the seed pods that you can pickle like capers to add a pop of flavour to dishes. For every 200g of seed pods, you'll need 250ml pickling liquid. Bring **200ml cider vinegar** to the boil, tip in **100g caster sugar** and leave to dissolve. Pack **200g seed pods** into a sterilised jar, pour over the hot liquid and seal the lid. Leave for at least a week. *Will keep in a cool, dark place for up to a year.*

THE ONE

We asked Merlin, 'What's the one...'

...dish you cook at home better than anyone else?
I'd say my Lancashire hotpot. It's my signature comfort dish. I use a mixture of lamb cuts, including heart and kidney when I can find them. They add depth of flavor without being overpowering. I also rely on classic English seasoning – Worcestershire sauce and a dash of chilli sauce for that perfect balance of sour, sweet and umami.

...piece of kit you can't live without?
My Nutribullet. It's incredibly versatile – perfect for quick purées, pestos, dressings, and even juices. It's compact, easy to clean, and saves so much time.

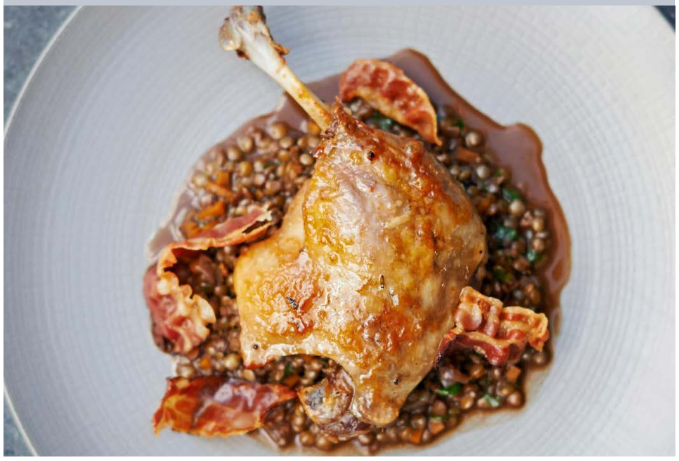
...mistake home cooks often make?
Not using a probe thermometer. It's such an easy way to get perfectly cooked meat every time. Don't guess – check the temperature!

...dish that changed your life?
Confit duck. Growing up visiting family in southwest France, it was a staple and always felt so special. Another standout is cassoulet – it's hearty, rustic and deeply comforting, like posh baked beans. Those flavours are etched in my memory.

...dessert you can't not order?
Tiramisu. Even when it's not perfect, it's still satisfying. But if I'm judging a restaurant, I'll often order a tart. It's deceptively simple, but making one well is a true test of skill.

...sustainable British ingredient we should all be using more?
Venison. It's plentiful, especially around my farm where they've started eating all my vegetables! Cooking with it helps control the population and supports sustainable farming practices. Plus, it's delicious.

...storecupboard ingredient you won't compromise on?
Anchovies. I only use high-quality ones from Cantabria. They're transformative in cooking, adding a rich umami punch to so many dishes.



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Next level

TRIPLE CHOCOLATE BROWNIES

Bake our melt-in-the-mouth brownies for the ultimate Easter treat

recipe BARNEY DESMAZERY *photograph* JONATHAN GREGSON

Not all brownies are created equal. Some don't hold their shape and crumble into dryness while others fail to deliver the rich cocoa intensity you're craving. Combining three different chocolates alongside the complexity of rye flour and coffee, these brownies are dense, gooey and bursting with flavour. Perfect for Easter or any time you need a real chocolate fix.

MAKES 9 or 16 **PREP** 20 mins
COOK 40 mins **EASY** ❄

150g unsalted butter
350g dark chocolate (at least 70%), chopped
1 espresso or 30ml very strong coffee
100g rye or plain flour
25g organic cocoa powder
4 eggs, room temperature
300g light brown soft sugar
1 tsp vanilla paste
100g milk chocolate, chopped
100g white chocolate, chopped

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 20 x 20cm baking tin with baking parchment, leaving some overhang. Put the dark chocolate, butter and coffee in a heatproof bowl and set over a saucepan of barely simmering water ensuring the bowl doesn't touch the water. Stir until smooth, then set aside to cool slightly. This can also be done in short bursts in the microwave, stirring between each burst. In a separate bowl, mix together the rye flour, cocoa powder and ½ tsp sea salt.

2 Using a stand mixer or electric hand whisk, beat together the eggs, sugar and vanilla for 5 mins until thick, pale, and doubled in volume. Gradually fold in the cooled melted chocolate mixture, being careful to retain as much air as possible. Gently sift the dry ingredients over the batter and fold in until just combined. Add two thirds of the chopped milk and white chocolate, and fold through briefly. Scrape the batter into the tin and smooth the top with a spatula, then scatter over the rest of the chocolate chunks and push them into the top slightly with the spatula. Bake for 30 mins or until the edges are set but the middle still has a slight wobble. Remove from the oven and scatter with a little flaky sea salt.

3 Let the brownies cool completely in the tin, then lift them out using the paper. If you want them super gooey and soft in the middle, serve them at room temperature but if you want them fudgy, chill in the fridge – either way they will cut into nine generous squares or 16 smaller pieces.

Store in an airtight container at room temperature for up to three days, or in the fridge to go fudgy for up to a week.

PER SERVING (16) 381 kcals
• fat 22g • saturates 13g • carbs 37g
• sugars 30g • fibre 4g • protein 5g • salt 0.26g

Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist JO HARRIS

Our top tips

FLOUR POWER
Using rye flour adds nutty complexity. We've used wholemeal rye but you can use white rye or swap it for the same amount of plain flour.

KING OF COCOAS
Not all cocoas are created equal. For the best flavour, use organic cocoa powder to deliver a bold, rich, bitter chocolate intensity you'll taste in every bite.

A SHOT OF ESPRESSO
Espresso amplifies the chocolate flavour. You can also mix 2 tsp of coffee granules with 1 tbsp of boiling water.

TRIPLE THREAT
Each type of chocolate brings something. Dark adds bitterness, milk a creaminess and both are sweetened by white. See p112 for chocolate tips.

WHISK TAKER
Beating the eggs and sugar to a mousse-like consistency creates a light yet gooey texture so make sure you do it until doubled in volume.

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THE BEAM
BY NICK ALVIS

family

Spring break *calling!*

p76

also in this section

'Green' Buzzwords
everyone should know **p83**

family

Spring break *calling!*

School's out, so keep the kids entertained with ideas for sunny picnics and fun projects

recipes CASSIE BEST
photographs MYLES NEW

Cook dinner together
Baked feta & tomato pasta

SERVES 3 **PREP** 5 mins
COOK 30 mins **EASY** **V**

- 200g block of feta (vegetarian, if needed)
- 400g cherry tomatoes
- 50g pitted black olives (optional)
- 2 garlic cloves, unpeeled
- 2 tbsp olive oil
- 250g short pasta of your choice
- handful of basil leaves

1 Heat the oven to 200C/180C fan/ gas 6. Put the feta in the middle of a large baking dish, then scatter the tomatoes, olives (if using) and garlic cloves around it. Drizzle over the olive oil and season. Bake for 30 mins until the tomatoes are bursting and blistered, and the feta is golden at the edges. Squeeze the garlic from its skins into the dish, then lightly mash and mix into the tomatoes.
2 Meanwhile, fill a large pan with hot water from the kettle and return to the boil. Season with salt, then cook the pasta following pack instructions, stirring occasionally. Drain, reserving a mugful of water.
3 If the baking dish is large enough, tip in the pasta and a splash of the water, and mix until the feta breaks up and the pasta is coated in a creamy sauce – add more water to loosen if needed. If the dish is too small, combine everything in the pan. Season with black pepper and scatter over the basil.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 570 kcals • fat 23g • saturates 10g • carbs 66g • sugars 7g • fibre 6g • protein 22g • salt 1.7g

Make a fun vegetarian lunch

Air-fryer veggie spring rolls

SERVES 3 **PREP** 5 mins plus cooling
COOK 30 mins **EASY** **V**

- 2 tbsp cornflour
- 1 tbsp dark soy sauce
- 1 tsp honey
- 1 tsp sesame oil
- 1 tbsp vegetable oil
- 450g mixed stir-fry vegetables (we used a mix of beansprouts, cabbage, carrots and peppers), any large pieces finely chopped
- 8 large or 16 small spring roll pastry sheets (see tip, right)
- 2 tbsp vegetable oil
- sweet chilli sauce, for dipping

1 Mix 1 tbsp of the cornflour with the dark soy sauce until smooth, then add the honey and sesame oil. Set aside. Heat the vegetable oil in a wok over a high heat and stir-fry the mixed veg for 30 seconds before adding the sauce mixture. Season with salt and pepper, and cook for another minute until the veg has wilted slightly but retains some crunch. Transfer the mixture to a bowl and cool for at least 10 mins.

2 Mix the remaining cornflour with 1 tbsp water in a small bowl. Working with one spring roll sheet at a time, put on a board at an angle, so it resembles a diamond. (Keep the other sheets covered with a tea towel.) Spoon a heaped teaspoonful of the veg in the centre of the sheet in a sausage shape. Fold the bottom corner over the filing and tuck it under. Fold in the left and right sides to neatly enclose the filling. Brush a little of the cornflour mixture over the top corner, then roll up from the bottom to seal. Put on a tray and brush with a little of the vegetable oil. Continue until you've assembled all the spring rolls.

3 Heat the air-fryer to 200C and cook the spring rolls for 12 mins, turning halfway through to brush with more oil. You may have to do this in batches – be careful not to overcrowd the air-fryer. Serve with the sweet chilli sauce for dipping

PER SERVING 95 kcals • fat 5g • saturates 0.5g • carbs 11g • sugars 3g • fibre none • protein 1g • salt 0.3g

tip

We've used wheat-based spring roll pastry sheets here – find them online or in Asian food shops, or use rice paper wrappers to make them gluten-free (make sure you use gluten-free soy sauce, too). Or, use filo pastry as an alternative.

Kids' lunch skewers

Make midday a bit more fun with these colourful snacks

Cheese sarnie & grapes

Make a cheese sandwich using **2 slices of bread** and **sliced cheddar**. Stamp out mini flower shapes using a biscuit cutter and thread onto skewers with **grapes** inbetween (halve them for younger children).

Ham, cucumber & pickle

Cut strips of **ham**, then fold the pieces onto skewers to create a concertina effect. Alternate with **cucumber** half-moons and **baby cornichons** or **pickled onion**.

Caprese

Thread **mini mozzarella balls**, **cherry tomatoes**, **pitted olives** and **basil leaves** onto skewers.

Let the kids help decorate

Easy speculoos cake

SERVES 12 **PREP** 20 mins plus cooling **COOK** 30 mins **EASY V**

- 175g unsalted butter, at room temperature
- 175g light brown soft sugar
- 150g speculoos biscuit spread
- 50g natural yogurt
- 4 eggs
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 175g self-raising flour
- 4 tbsp caramel or dulce de leche
- 6 speculoos biscuits, roughly crushed

For the icing

- 200g unsalted butter
- 400g icing sugar
- 100g speculoos biscuit spread

1 Heat the oven to 180C/160C fan/gas 4 and line the bases of two 20cm cake tins with baking parchment. Beat the butter and sugar together using an electric whisk until light and fluffy, about 2 mins. Add the spread and beat again to combine.

2 Combine the yogurt, eggs and vanilla in a jug, then add this along with the cinnamon, flour and a pinch of salt. Beat for 1-2 mins until combined. Divide between the tins, level the tops using a spatula and bake on the middle shelf of the oven for 30 mins until risen and golden, or a skewer inserted into the middles comes out clean – if any wet batter remains, bake for 5 mins more, then check again. Leave in the tins for 15 mins, then turn out onto a wire rack to cool completely.

3 For the icing, beat the butter, half the sugar and all the spread together using an electric whisk until smooth. Add the rest of the sugar and beat again. Warm the caramel in the microwave for 30 seconds to loosen. Sandwich the two sponges together using half the icing and a drizzle of caramel, then spread the rest of the icing over the top and side. Drizzle over the rest of the caramel and sprinkle over the crushed biscuits. *Will keep in a cake tin for up to four days.*

PER SERVING 657 kcals • fat 36g • saturates 19g • carbs 76g • sugars 59g • fibre 1g • protein 5g • salt 0.7g

Get outdoors

When the weather permits, don't miss the chance to get outside and enjoy a foodie adventure.

PACK A PICNIC
Eating outdoors is a great way to get the kids away from screens and encourage more conversation. Help them pack a picnic with foods they love, then head to the beach, a park or your own back garden.

GO TO A MARKET
Visiting a food market with your family can help expose children to foods they may have never tried (or heard of) before. Instead of heading straight to the hotdog stall, look closely and talk about each food stall you pass – ask for samples and discuss where in the world the food comes from.

SET UP A LEMONADE STALL
Help the kids set up a lemonade stall at your next barbecue – they can make signs, then mix up fresh, zesty lemonade (find a recipe at *bbcgoodfoodme.com*) to pour into jugs and serve with reusable straws.

Serve a DIY dessert

Classic banana split

SERVES 1 **PREP** 5 mins
NO COOK EASY V

Peel **1 banana** and cut it in half lengthways, then transfer to a shallow serving bowl. Top with **3 scoops of ice cream** (we used vanilla, chocolate and strawberry), **whipped cream**, **2 tbsp chocolate sauce or melted chocolate**, **3 pitted cherries** and colourful **sprinkles** of your choice. Serve immediately.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 715 kcals • fat 44g • saturates 20g • carbs 68g • sugars 50g • fibre 2g • protein 10g • salt 0.3g

Give it a twist

PB&J split

Top the banana with **caramel ice cream**, warmed **crunchy peanut butter** (loosened with a splash of **milk** or **cream**), **chopped salted peanuts** and **raspberries**.

Totally tropical

Enjoy **coconut ice cream**, **pineapple chunks** and **toasted coconut flakes** on top of the split banana.

Banoffee crunch

Use **scoops of vanilla ice cream**, a **drizzle of dulce de leche**, **whipped cream**, **chocolate shavings** and **crushed speculoos biscuits** to make your split sweeter.

Shoot director EMMA WINCHESTER | Food stylist HELEN UPSHALL | Stylist JO HARRIS

Use up foraged berries

Blackcurrant cheesecake

SERVES 4 **PREP** 10 mins plus 2-3 hrs cooling and at least 3 hrs chilling **COOK** 20 mins **EASY** **V**

140g unsalted butter, melted, plus extra for the tin
300g digestive biscuits
275g golden caster sugar
100g fresh or frozen blackcurrants (brought to room temperature for 1 hr before using, if frozen)
1 tsp cornflour
900g full-fat soft cheese
4 tbsp plain flour
2 tsp vanilla extract
3 eggs
200ml soured cream

1 Heat the oven to 200C/180C fan/gas 6. Butter the side of a 23cm springform tin and line with baking parchment. Put the biscuits in a food processor and blitz to a fine crumb, then add the butter and blitz again to combine. Tip into the tin, then press down firmly into an even layer and bake for 10 mins. Set aside.

2 Tip 25g of the sugar and the blackcurrants into a small pan. Mix the cornflour with 1 tbsp cold water, then add to the pan. Warm over a low-medium heat for 1-2 mins until the sugar has dissolved, then turn up the heat to medium and bubble for 1-2 mins until saucy. Set aside.

3 Whisk the soft cheese in a large bowl using an electric whisk until smooth. Add the remaining sugar and whisk again, then add the flour, vanilla, eggs and soured cream, then whisk for a third time until smooth and well combined.

4 Pour half the cheesecake mixture over the cooled biscuit base, then dot over half of the cooled blackcurrant sauce. Pour over the remaining cheesecake mixture, and carefully smooth the surface using a spatula. Drizzle over the remaining blackcurrant sauce, then gently ripple it through the cheesecake mixture using a skewer or the end of a spoon. Bake for 10 mins, then reduce the oven temperature to 110C/90C fan/gas $^{1}/_{4}$ and bake for a further 30 mins until set with a slight wobble in the middle. Turn off the oven and leave the cheesecake inside with the door closed for 1 hr, then open the door slightly and leave for 1 hr more. Finally, leave to cool completely at room temperature, then chill for at least 3 hrs or overnight before slicing. *Will keep chilled for five days.*

GOOD TO KNOW vit c

PER SERVING 569 kcals • fat 38g • saturates 22g • carbs 47g • sugars 30g • fibre 2g • protein 9g • salt 0.9g

PLANET FRIENDLIER

'Green' buzzwords
EVERYONE SHOULD KNOW

From 'food miles' to 'mindful meat', our sustainability glossary explains some of the most common green concepts to help you make informed choices when shopping and eating out

words TONY NAYLOR

Tony Naylor is a Manchester-based food and drinks writer who regularly contributes, among others, to *Observer Food Monthly, The Guardian, Restaurant Magazine* and *olive*. @naylor_tony

We all want to make greener choices in what we eat and drink, not just to reduce our carbon footprint, but to encourage sustainable farming, protect wildlife and our beautiful rural habitats, and nurture ecosystems for future generations.

For all our good intentions, navigating the often baffling terminology can be a headache. A 2024 report, by communications agency Fleet Street and market researchers, Trajectory, found that fewer than 50 per cent of people completely understand concepts such as "locally grown" or "single-use plastics". Science terms, such as "biodiversity" or "carbon offsetting", were clear to just five per cent of consumers.

To help clarify, we've compiled a sustainability glossary that explains some of the most common green concepts you may encounter when you're shopping, eating out or reading about food's sustainability. Read on to empower yourself to make the right choices for you and the planet.

The basics

Carbon footprint A calculation of the planet-warming 'greenhouse gas' emissions (carbon dioxide, mainly), created by an activity.

Carbon neutral Activity which, overall, does not increase the total greenhouse gases in the atmosphere. Ideally, this is done by eliminating emissions at source. Carbon neutrality can also be achieved by **carbon offsetting**, where a company pays a third-party to absorb carbon from the atmosphere, for example by planting trees (also known as **reforestation**).

Food miles Literally how far food has travelled to a consumer from its site of production. Buying locally and seasonally is often sensible, but given how little transport contributes to a food's carbon footprint, experts increasingly prefer to talk about what an ingredient is and how it was produced. Vegetables imported by sea, for example, may produce a smaller carbon footprint than locally reared meats. As with everything environmental, it's complex.

Photographs DANIEL GRIZELJ/STONE/GETTY, JAMESBREY/E+/GETTY, KOSAMTU /E+/GETTY,
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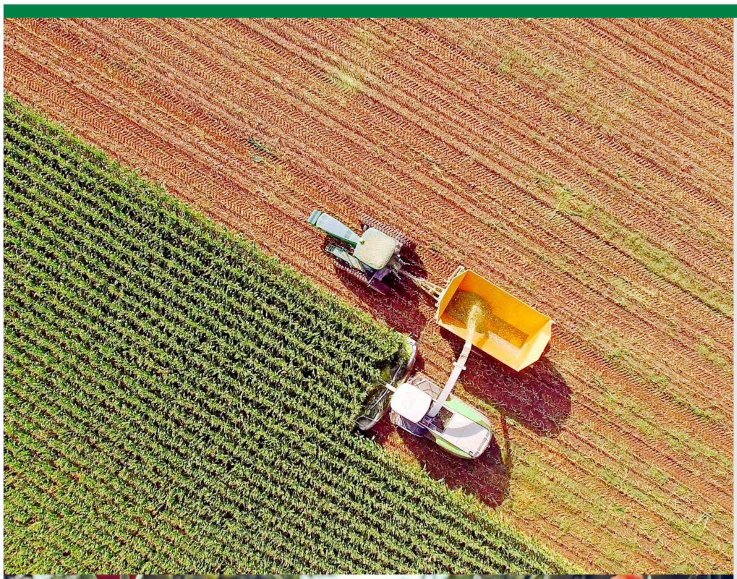


Farming & growing

Biodiversity In farming, land that sustains a rich variety of crops, plants, livestock and wildlife; as was common before the rise of intensive farming.

Intensive farming Highly mechanised farming that uses artificial fertilisers and concentrated animal feeds to produce large amounts of food quickly, affordably and reliably. It often involves the large-scale cultivation of one crop (known as a **monoculture**), and is responsible for river pollution, soil degradation and decreasing biodiversity.

Regenerative farming A flexible approach rather than an objective set of rules, **regen** or **low-input farming** seeks to maximise a farm's soil health and biodiversity by intermingling various crops, plants, trees, grazing animals and natural water sources, in such a way that farms can thrive with minimal-to-zero use of artificial fertilisers and pesticides. Known as **regenerative viticulture** in wine.

Organic farming Low-intensity farming that using traditional methods seeks to work, "in harmony with nature," says charity and certifying body the Soil Association. Certified organic producers must follow strict, legally defined rules covering many aspects of animal welfare and cultivation. For example, they cannot use weed-killers, and farms may only use a small number of naturally derived pesticides, such as citronella, within strict limits, as a last resort.

Food & eating

Flexitarian Flexitarians minimise their meat, fish and sometimes dairy intake (sourcing sustainably when they do partake), in favour of vegetables, beans, dried pulses and nuts. In food production, meat and other animal products create the bulk of greenhouse gas emissions. Switching to a mostly plant-based diet is one of the easiest ways to step more lightly on the planet.

Mindful meat Phrase used to denote avoidance of intensively farmed meats and an emphasis on eating "better meat" from abundant sources, such as wild game, or meats that would otherwise be a waste product (for example male kid goats from dairy farms).

Entomophagy Eating insects and food made from insect protein, which would alleviate pressure on the global food system.

Locavore Modern chef and consumer movement committed to buying locally produced foods, from the farm gate or within a 100-mile radius. This can bolster small businesses, communities and promote transparent, environmentally sound supply chains. It's sometimes referred to as farm-to-table dining.

Drinks

Natural Returned to its pre-industrial origin, in order, say fans, to let the true flavours of a grape or growing area shine. Grapes are grown using organic or biodynamic principles, boosting soil health, fermented with wild yeasts and, unlike conventional wine (where various mechanical aids and additives can be used help makers ensure consistent flavours), left to develop without intervention. Certification schemes for natural grape beverages are emerging. French makers can join the official *Vin Méthode Nature* designation. But, globally, most makers prefer to work pragmatically rather than to strict rules. For example, some will not add any stabilising sulphites, others modest amounts on a case-by-case basis.

Biodynamic Low-intensity farming with a spiritual edge, popular with winemakers. Shares many methods with organic and regenerative farming, but biodynamic farms also use nine treatments (called "preparations", fermented from natural ingredients) to improve soil and compost health. The efficacy of such treatments has not been scientifically verified. Some biodynamic farmers also rely on the lunar calendar, charting the position of the moon, to choose the best time for sowing and harvesting.

Capsule free Minus a non-recyclable foil wrap at the neck, which is an unnecessary and wasteful addition.

On tap Served in recyclable or reusable kegs or pouches, reducing carbon emissions. Glass is energy-intensive to make and heavy to transport.

Restaurants & menus

Sustainable Restaurant Association The SRA certifies restaurants with its '**Food Made Good**' standard – a global evaluation of sustainable practises.

Michelin's green clover 'Sustainable Gastronomy' emblem awarded to restaurants doing good work in, say, growing-their-own or waste minimisation.

Nose-to-tail Cooking ethos popularised by chef Fergus Henderson which teaches, for both sustainability and flavour, that all edible parts of an animal should be eaten. Not just prime cuts but skin, organs, brains, bone marrow and more (known as **offal** or the '**fifth quarter**').

Fin-to-gill & root-to-fruit The same zero-waste approach but for fish and vegetables or fruit.

Hand-dived... by human divers. The least disruptive way of retrieving seafood, usually scallops, from sea beds. Other low-impact seafood sources to look out for include **rope-grown mussels**, **farmed oysters** and **creel- or pot-caught crab** and **lobster**.

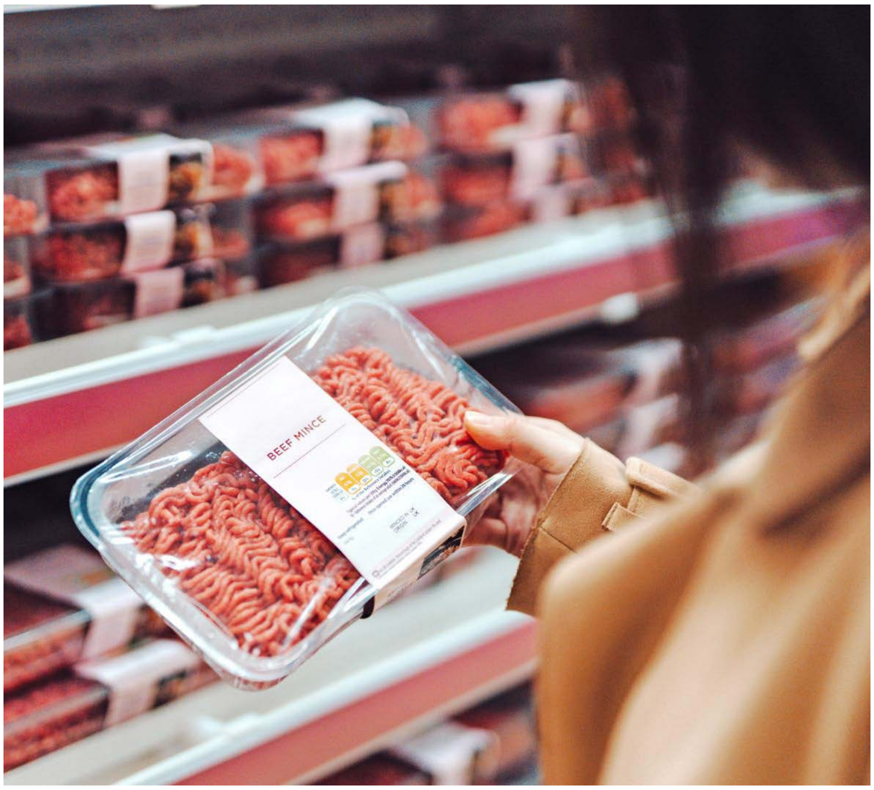
Wildfarmed Not a farming method, but a company. Its regeneratively farmed wheat flours are popular with chefs.

Einkorn, emmer & spelt Ancient forms of wheat hailed for their flavour, nutritional value and ability, as hardy crops, to thrive on biodiverse organic and regenerative farms.

Packaging

Single-use plastics Plastics used once then binned, and which are often difficult to recycle. For example, many restaurants are trying to swap cling film for greener alternatives, such as **beeswax wraps**.

Bioplastics Plastics derived from renewable plant matter, such as corn starch or sugar cane, which produces fewer greenhouse gas emissions. Popular in takeaway food packaging, many bioplastics are **compostable**, but only if collected for treatment in industrial composters, which work at hotter temperatures than home compost bins. Only items labelled '**home compostable**' or similar, can be thrown in with your potato peels and apple cores.



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eat well for...

Diabetes

Dr Chintal Patel explains how making mindful food choices can help prevent and manage diabetes

Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our regular contributor. She has a passion for nutrition and lifestyle medicine, and aims to help people approach cooking and eating in a way that supports overall well-being. *@drchintalskitchen*

Diabetes is a condition where your body cannot produce enough of a hormone called insulin, resulting in blood sugar (glucose) levels that are too high. When you eat or drink, carbohydrates in your food are turned into glucose. Insulin regulates blood glucose by moving this glucose from the bloodstream into your cells so that it can be used for energy.

There are 2 main types of diabetes, Type 1 which is an autoimmune condition where the body produces no insulin, and Type 2 where the body becomes resistant to insulin or doesn't produce enough of it. This means that sugar builds up in the blood. Over time, high blood sugars can cause problems in almost every organ in your body and can lead to complications like heart disease, kidney problems and nerve damage.

While genetics and ethnicity can play a role, research shows that lifestyle factors such as diet, physical activity and weight management are crucial in preventing or controlling Type 2 diabetes. Therefore, by focusing on nutrient-rich foods and small achievable changes to your daily habits, you can improve blood sugar control, reduce the risk of complications and even prevent Type 2 diabetes.

Foods to include in your diet

- **High-fibre foods** These include whole grains (oats, quinoa), legumes (lentils, chickpeas), fruits (berries, apples with skin) and vegetables (broccoli, leafy greens). Fibre helps slow sugar absorption and improves insulin sensitivity.
- **Healthy fats** Increase mono and polyunsaturated 'good' fats in your diet. Use olive oil and rapeseed oil in cooking. Add a portion of oily fish such as salmon or mackerel (high in omega-3) to your diet once a week. Nuts and seeds such as walnuts, flaxseed and chia are also high in good fats. There is considerable evidence that omega-3 reduces the risk of heart disease. Do eat these in moderation as fats are high in calories and can cause weight gain.
- **Prebiotics and probiotics** Prebiotic foods such as onions, garlic or spinach and probiotic foods such as kefir or kimchi can help to support gut health, which has been linked to better blood sugar control.
- **Fruit and vegetables** It is a myth that diabetics should avoid fruits. Yes, fruits contain natural sugar; however, like vegetables, they also contain vitamins, minerals and fibre and are important for a balanced diet. It's always better to eat the whole fruit rather than drinking fruit juice.

Foods to limit

Refined carbohydrates

These spike blood sugar levels rapidly – white bread, pasta and sugary snacks are among the culprits.

Added sugars

Limit sugary drinks and sweets, and look out for processed foods with hidden sugars which also cause spikes in blood sugar levels.

Saturated and trans fats

These are found in processed snacks and fried foods like crisps. These worsen insulin resistance and increase the risk of heart disease.

Salty food

Processed and packaged foods often contain high levels of salt that can elevate blood pressure, a common issue in diabetics.

You do not need to exclude these foods from your diet completely; it's about small, sustainable changes that you can maintain long-term.

What else can I do?

- **Exercise regularly:** Walking, cycling or strength training improves insulin sensitivity and supports weight management.
- **Prioritise sleep:** Seven-eight hours of quality sleep helps regulate hunger hormones and improves glucose metabolism.
- **Manage stress:** Encourage mindfulness, yoga or hobbies to lower cortisol levels, which can spike blood sugar.
- **Routine check-ups:** If you have been diagnosed as diabetic, then it is important to have regular check-ups and monitoring with your doctor.

Photographs CLAUDIA TOTIR / MOMENT, YULIA TABA /E+/ GETTY

Chicken jalfrezi with spinach, brown rice & quinoa

SERVES 4 **PREP** 5 mins
COOK 30 mins **EASY**

- 100g brown rice
- 100g quinoa
- 1 tbsp rapeseed oil
- 1 red onion, sliced
- 500g chicken breast, sliced into strips
- 1 tsp cumin seeds
- 2 tsp minced garlic
- 2 tsp minced ginger
- 120g tomato purée
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tsp Kashmiri chilli powder
- 1 tsp garam masala
- 3 peppers (red, yellow and green), sliced
- 200g baby spinach leaves
- handful of fresh coriander, to serve

1 First, prepare the rice and quinoa. Wash and rinse the brown rice well, then tip into a pan of salted boiling water. Reduce the heat and simmer for 20 mins, then add the quinoa and cook for a further 10 mins.

2 While the rice is cooking, heat the oil in a large pan on a medium heat and fry the onion until it's just turning brown. Add the chicken strips and fry until brown, then add the cumin seeds, garlic and ginger. Mix for a minute, then tip in the tomato purée, turmeric, coriander, chilli powder and a pinch of salt, then mix well.

3 Pour 300ml boiling water into the spiced chicken mixture and simmer until the gravy turns a rich red, about 10 mins, then stir in the garam masala, peppers and spinach. Cover and cook on medium heat for a few minutes until the spinach is wilted but the peppers still have a slight bite to them. Add a little water to adjust the consistency as desired. Drain the rice and quinoa and serve with the chicken and coriander sprinkled over.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 446 kcals • fat 11g • saturates 1g • carbs 43g • sugars 11g • fibre 8g • protein 39g • salt 0.33g

Turmeric
Antioxidant and anti-inflammatory effects may help balance blood cholesterol and blood pressure

Rapeseed oil
High in omega-6 for cardiovascular health

Chilli
Contains capsaicin which may increase insulin and reduce blood glucose levels

Peppers
High in vitamin C to help iron absorption. Animal studies suggest polyphenols in peppers may help blood sugar management and may help reduce risk of diabetes

Cumin seeds
An antioxidant that may help regulate blood sugar

Spinach
Source of fibre and iron. Rich in nitrates to support heart health

Quinoa & brown rice
Whole grains are high in fibre, have slow sugar absorption and improve insulin sensitivity

Chicken breast
Low in fat and high in protein

Red onion & garlic
Good source of prebiotic fibre for gut microbiome health

Ginger
Over time it can improve glucose control in patients with Type 2 diabetes, therefore reducing complications

Photograph CHRIS TERRY | Shoot director RACHEL BAYLY
Food stylist JESSICA MCINTOSH | Stylist JO HARRIS

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health benefits of...

– sweet potatoes –

Nutritionist **Nicola Shubrook** highlights all the ways in which this colourful veg can do you good

The sweet potato is a starchy root vegetable. It has bright-coloured flesh – most commonly orange, but other varieties include white, purple or yellow. Although, they may both be called 'potatoes', sweet and regular white potatoes are not related. In fact, one medium sweet potato counts towards one of your five-a-day, unlike a white potato, which doesn't.

One serving of sweet potato (steamed) contains

energy 67 kcal/285 KJ
protein 0.9g
fat 0.2g
carbohydrates 16.3g
sugar 6.7g
potassium 280mg
vitamin C 14mg

5 REASONS TO EAT SWEET POTATOES

May reduce the risk of cancer

While there are no foods that can prevent cancer, evidence suggests that eating a healthy diet may reduce the risk. Fruit and vegetables are high in antioxidants which help to defend the body against 'free radicals'. The antioxidants in sweet potato peel, especially the purple variety, may help reduce this oxidation process, thereby reducing the risk of cancer.

May support digestive health

Sweet potatoes are high in fibre, which promotes a healthy digestive system. Animal studies show that high levels of plant sterols in sweet potatoes may help protect the digestive system from gastric ulcers, including those caused by NSAIDS (non-steroidal anti-inflammatory drugs, such as ibuprofen).

May help manage type-2 diabetes

Interesting findings suggest that moderate consumption of sweet potato may improve blood sugar regulation in type-2 diabetes. Although, more evidence is needed.

Good for eye health

Sweet potatoes are rich in beta-carotene – it's what gives this root its bright-orange colour. When we eat beta-carotene, our body converts it to vitamin A, which is then used to form light detecting receptors in the eye. This is important for night vision and maintaining the health of the eye.

May support immune function

High levels of beta-carotene mean sweet potatoes may support immune function. This is because vitamin A is important for maintaining the mucous membranes in the respiratory system and gut.

ARE SWEET POTATOES SAFE FOR EVERYONE TO EAT?

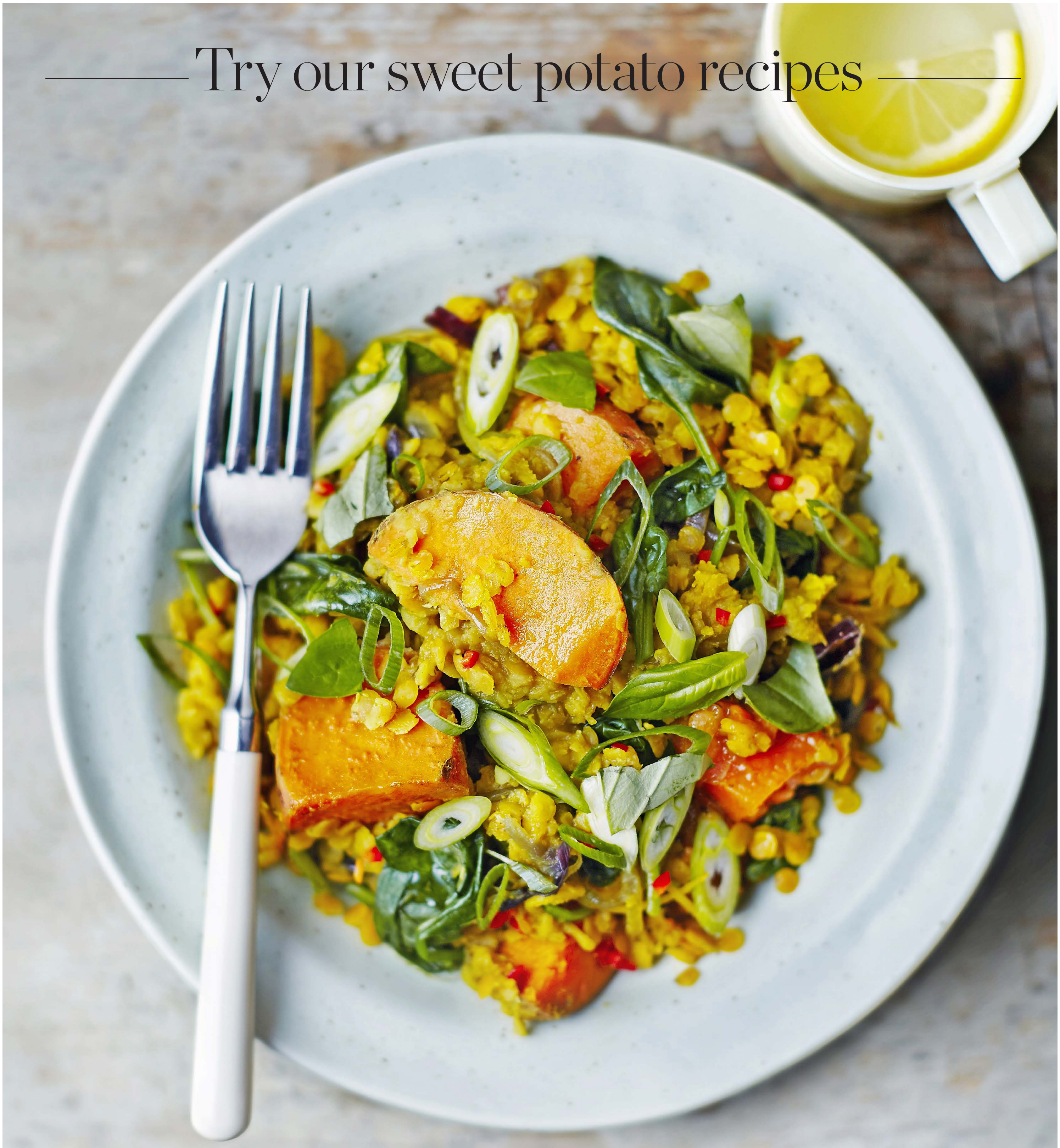
Sweet potatoes are an excellent addition to a balanced diet and appear to be safe for most people. However, they do contain oxalates which bind to calcium and other minerals, inhibiting their absorption. Too many oxalates in the diet may cause kidney stones. If you have existing kidney stones or are at high risk of developing them, you should minimise your consumption of high-oxalate foods.

OVERALL, ARE SWEET POTATOES GOOD FOR YOU?

Sweet potatoes are an excellent source of vitamins, minerals and plant compounds, including beta-carotenes. They are good value for money, count as one of your five-a-day and make an easy, nutritious swap for other carb-rich staples.

Photograph GETTY IMAGES/CATHERINE MCQUEEN

Try our sweet potato recipes



Spinach, sweet potato & lentil dhal

Heat **1 tbsp sesame oil** in a wide-based pan with a tight-fitting lid. Add **1 finely chopped red onion** and cook over a low heat for 10 mins. Add **1 crushed garlic clove**, a finely chopped **thumb-sized piece of ginger** and **1 finely chopped red chilli**, cook for 1 min, then add **1½ tsp ground turmeric** and **1½ tsp ground cumin** and cook for 1 min more. Turn up the heat to medium, add **2 sweet potatoes**, cut into even chunks, and stir everything together so the potato is coated in the spice mixture. Tip in **250g red split lentils**, **600ml vegetable stock** and season. Bring to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape. Season, then stir in **80g spinach**. Once wilted, top with **4 sliced spring onions** and **½ small pack Thai basil leaves**, torn, then serve.

GOOD TO KNOW vegan • low fat • low cal • fibre • iron • 3 of 5-a-day

PER SERVING 397 kcals • fat 5g • saturates 1g • carbs 65g • sugars 19g • fibre 11g • protein 18g • salt 0.6g

Sesame salmon, purple sprouting broccoli & sweet potato mash

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with parchment. Mix together **½ tbsp sesame oil**, **1 tbsp reduced-salt soy sauce**, a grated **thumb-sized piece of ginger**, **1 crushed garlic clove** and **1 tsp honey**. Put **2 small sweet potatoes**, cut into wedges with the skin on, into a glass bowl with **1 lime** cut into pieces. Cover and microwave on high for 12-14 mins until completely soft. Meanwhile, spread **250g purple sprouting broccoli** and **2 boneless skinless salmon fillets** out on the baking tray. Spoon over the marinade and season. Roast in the oven for 10-12 mins, then sprinkle over **1 tbsp sesame seeds**. Remove the lime wedges and roughly mash the sweet potato using a fork. Mix in **1 tbsp sesame oil**, **1 thinly sliced red chilli** (deseeded if you don't like it too hot) and some seasoning. Divide between plates, along with the salmon and broccoli.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day
PER SERVING 463 kcals • fat 22g • saturates 4g • carbs 29g • sugars 15g • fibre 10g • protein 32g • salt 1.1g

Spiced chicken, spinach & sweet potato stew

Put **3 sweet potatoes**, cut into chunks, in a large saucepan over a high heat. Cover with water and boil for 10 mins. Meanwhile, put **2 chopped onions**, **1 chopped red chilli**, **1 tsp paprika**, a grated **thumb-sized piece of ginger**, **400g can chopped tomatoes** and **2 deseeded preserved lemons** into a food processor and blend until finely chopped. Put **190g spinach** in a large colander in the sink and pour the sweet potatoes and their cooking water over it to drain the potatoes and wilt the spinach. Leave to steam-dry. Return the pan to the heat (no need to wash it first), then add the **1 tbsp sunflower oil**, followed by the **spice paste**. Fry for 5 mins until thickened, then add **8 skinless and boneless chicken thighs**. Fry for 8-10 mins until the chicken starts to colour. Pour over **500ml chicken stock**, bring to the boil and leave to simmer for 10 mins, stirring occasionally. Check the chicken is cooked by cutting into one of the thighs and making sure it's white throughout with no signs of pink. Season with black pepper, then add the sweet potato. Leave to simmer for a further 5 mins. Meanwhile, roughly chop the spinach and add to the stew. Scatter over a handful of **toasted pumpkin seeds**, **2-3 deseeded and chopped preserved lemons**, and serve with warm naans.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 445 kcals • fat 12g • saturates 3g • carbs 47g • sugars 27g • fibre 10g • protein 33g • salt 0.6g

Gourmet lifestyle

The Suite Life p98 | Competitions p103

The Suite Life

If you're after a staycation that blends beachfront bliss with city convenience, Address Beach Resort is the place to be

Nestled within JBR, this towering retreat offers sweeping views of Bluewaters Island, Ain Dubai, and the dazzling Dubai Marina skyline.

Walking into the lobby, you're met with sleek, high-ceilinged interiors, floor-to-ceiling windows, and a welcoming atmosphere. A seamless check-in meant we were quickly en route to our home for the weekend—an airy, stylish suite with a front-row seat to Dubai's stunning coastline. Whether it's lounging by the world's highest infinity pool, indulging in gourmet dining, or stepping onto the sandy shores just outside, Address Beach Resort is all about effortless luxury in an unbeatable location.

Accommodation

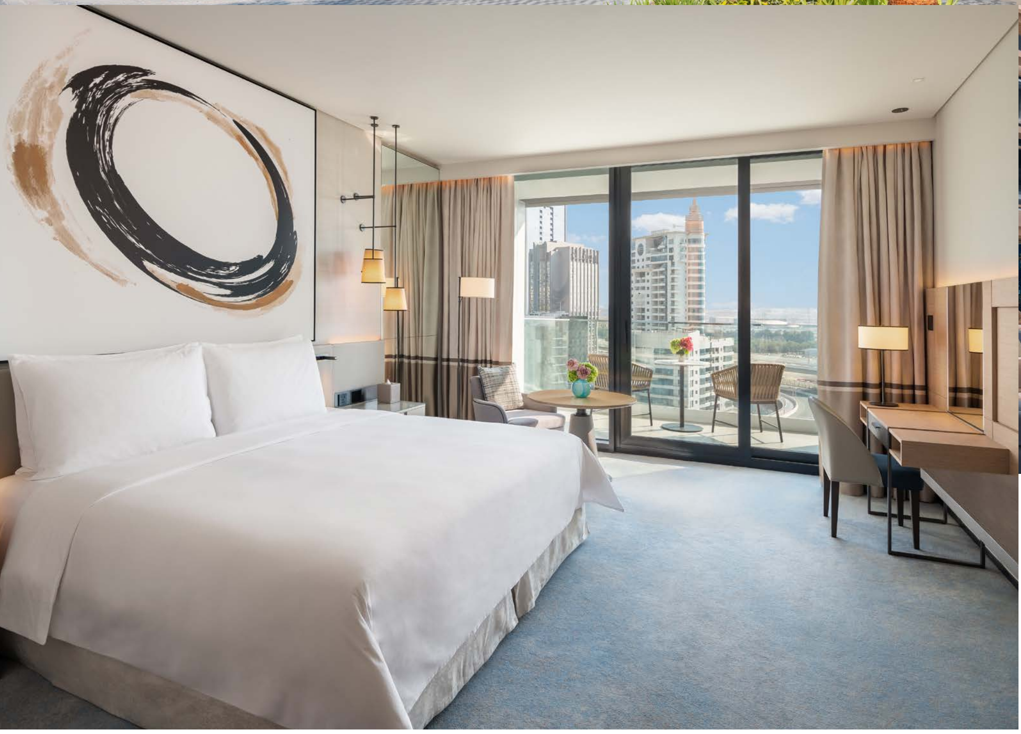
During our stay, we checked into the Club One Bedroom Executive Sea View Suite, a spacious and stylish retreat that perfectly balances comfort and elegance. Spanning 102sqm, the suite instantly impressed with its floor-to-ceiling windows that framed breathtaking views of Jumeirah Beach and Dubai Marina. The private balcony was the perfect spot to soak in the sea breeze and enjoy the skyline.

The suite itself felt like a home away from home, with an expansive living area, a plush sofa, and a dining table where we could enjoy a relaxed meal. The separate bedroom was equally inviting, with a supremely comfortable bed positioned so that we could wake up to the calming view of the sea. Thoughtful touches, like the Dyson hairdryer and an in-room iPad service, added a modern, high-end feel to the experience.

One of the highlights of our stay was the exclusive Club Privileges. From a private breakfast experience to a curated lunch and handcrafted evening bites, every meal felt like a treat.

Culinary highlights

In the evening, we headed to ZETA Seventy Seven, a rooftop dining spot perched on the 77th floor. With sweeping views of Dubai's skyline, including Ain Dubai, Bluewaters Island, Palm Jumeirah, and JBR



Beach, the setting is nothing short of spectacular. The menu leans towards Asian fusion with a focus on seafood, complemented by signature drinks. The seating options are varied – a stylish open-air terrace, sunken beds, and private indoor cabanas decked out with plush amenities. Thanks to our club privileges, we enjoyed a selection of canapés and unlimited beverages from 4pm to 8pm. For something more relaxed and family-friendly, The Beach Grill offers a laid-back setting with hearty, comforting fare.

The meal started with cold appetisers. The edamame, served with either pink sea salt or chilli salt, was simple yet satisfying. The California roll was a fresh mix of crab stick, cucumber, avocado, and tobiko, while the ZETA veggie roll packed a vibrant crunch with avocado, cucumber, radish, mizuna, and asparagus, all brought together by creamy Kewpie mayo and a nutty sesame finish.

Moving on to the hot starters, the Togarashi potato fries were crisp, golden, and spiced just right. The crispy fried prawn was a highlight—juicy on the inside, crunchy on the outside, topped with bonito flakes and a punchy wasabi mayonnaise that delivered just the right amount of heat.

The following morning, we slept in before heading to The Restaurant for breakfast. The homely setting was welcoming, and the buffet selection was impressive. Freshly baked breads and croissants, cereals, fruit, French toast, cold meats, smoked fish, cheeses, and dips lined the counters, with hot dishes such as chicken sausages completing the spread. Beyond the buffet, the à la carte egg dishes were worth saving space for. The eggs Benedict with smoked salmon was light and perfectly cooked, the hollandaise silky and just tangy enough to balance the richness of the salmon.

For lunch, we returned to The Restaurant for a buffet paired with premium beverages. The lamb ouzi was fragrant and tender, the chicken tikka packed a smoky spice, and the grilled prawns were cooked just right. Dessert was a treat, with the raspberry cheesecake delivering a tangy-sweet contrast and the rice pudding offering a comforting, creamy finish.

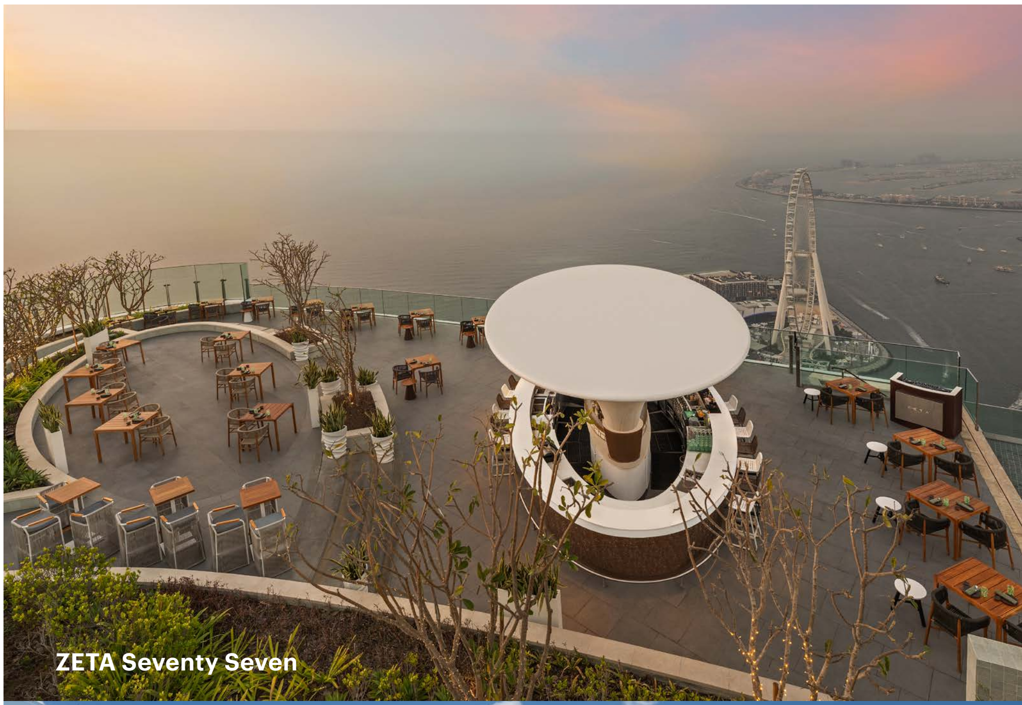
Facilities

Address Beach Resort offers a host of premium facilities designed for relaxation and wellness. The spa, located on Level 75, provides panoramic views of the Arabian Gulf from every treatment room, making it a perfect sanctuary for those seeking serenity. The spa features nine treatment rooms, a steam room, sauna, and a Couples' Suite for shared moments of bliss. Guests can unwind in the dedicated relaxation area while being guided through bespoke treatments using exclusive, nature-inspired products.

For those looking to stay active, the resort offers an impressive range of fitness amenities. The fitness centre is open 24/7 and equipped with advanced machines and certified personal trainers to cater to all fitness levels. There are also various swimming pools, including the world's highest outdoor infinity pool, a dedicated adults-only pool, and a family pool with a splash pad for kids. Families will appreciate the Qix Kids Club, where children can enjoy entertainment and educational activities throughout the day. Additionally, the resort features a beauty salon and a health-focused clinic, Maison Apogee, for those seeking further pampering or medical wellness services.

Book now

From AED5,270 per night for the Club One Bedroom Executive Sea View Suite at Address Beach Resort. Visit addresshotels.com/en/resorts/address-beach-resort.



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WIN A DINING EXPERIENCE AT DELANO DUBAI, WORTH AED1,000

Escape to the flavours of Anatolia at Blue Door, Delano Dubai, where a serene garden setting meets the finest coastal cuisine, from traditional mezze to expertly grilled dishes. After dinner, continue the evening at Rose Bar, Dubai's newest nightlife hotspot, with signature drinks in a stylish setting. Enter now for your chance to win this unforgettable dining and nightlife experience, inclusive of selected beverages.

WIN A LA DOLCE DOMENICA BRUNCH FOR TWO AT ARROGANTE, WORTH AED750

Indulge in a vibrant Italian Sunday at Arrogante with La Dolce Domenica Brunch. Enjoy the upbeat atmosphere, exquisite Italian dishes, and refreshing house beverages as you toast to the weekend.

WIN A FIERY TOMAHAWK & GRAPE EVENING AT ARGENTINA GRILL, WORTH OVER AED550

Enjoy a sophisticated dining experience for two at Argentina Grill, featuring a perfectly aged Argentinian Tomahawk steak, dry-aged for 14 days for optimal flavour and tenderness. Paired with a bottle of Santa Julia Reserva Malbec 2021 and a dramatic table-side Fiery Flambé, this exclusive experience highlights the rich, bold flavours of premium grade 5 Wagyu.

WIN A DINING EXPERIENCE AT YOY NEO BISTRO, WORTH AED700

Discover a unique fusion of Ukrainian heritage and modern gastronomy at YOY Neo Bistro. You and a guest will indulge in an expertly curated dining experience where traditional recipes are elevated with international flavours and contemporary techniques. Expect bold flavours, striking presentation, and a celebration of culture on every plate.

WIN A JAPANESE DINING EXPERIENCE FOR TWO AT SALVAJE, WORTH AED500

Experience the bold flavours of Japan at Salvaje Dubai. Enjoy an unforgettable evening of signature Japanese cuisine, creative beverages, and an enticing ambience. Enter now for your chance to win!

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